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Joon: Persian Cooking Made Simple

Najmieh Batmanglij

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Joon: Persian Cooking Made Simple Najmieh Batmanglij
75 Persian recipes made simple: many requiring only one pot and less than an hour to cook while keeping the authentic flavors of Iran. Includes many vegan and vegetarian options.

In ***Joon,*** master chef **Najmieh Batmanglij** distills one of the world's oldest and most influential cuisines to capture its unique flavors in recipes adapted to suit our busy lives. Najmieh's fans have been making meals from her *Food of Life* for more than 30 years. For *Joon* she has simplified 75 of her favorite dishes and shows how, with the right ingredients and a few basic tools and techniques, authentic Persian food can easily be prepared at home.

The recipes in this book--each accompanied by a photograph of the finished dish--come straight from Najmieh's kitchen and include not only the classics of Persian cooking, but also some soon-to-be favorites, such as quinoa or kale cooked Persian-style. You'll discover delicious side dishes, from cooling, yogurt-based salads and tasty dips and spreads, to more sustaining platters of grains, beans and fresh herbs; tasty kukus --frittata-style omelets filled with vegetables and herbs; spice-infused fish; mouth-watering meatballs and kababs served on flat breads with tangy sauces; every kind of rice--including the incomparable polow topped with various sweet and sour braises; not to mention, delightfully aromatic cakes and cookies to round off meals or enjoy as a snack in between.

Much of Iran's cuisine is essentially vegetarian. Although kababs are popular restaurant fare, they represent only a small sampling of the dishes Iranians eat at home. Persian cooking, with its emphasis on fresh, natural ingredients corresponds with the trend in eating that's spreading across America. "Join the delicious revolution!" as Alice Waters says; "Eat simply, eat together, eat seasonally, shop at farmers markets."

Iran and Persia refer to the same place. These days we use "Iran" to refer to the country and "Persia" or "Persian" for the culture, from Persian carpets, and Persian cats to, Persian cooking. Persian, also called *farsi*, is the language of Iran.

Joon means "life" in Persian. It can be used in multiple ways, from a term of endearment akin to "darling"after someone's name to showing great enthusiasm: "I love it!" The expression *nush-e joon,* literally "food of life," is similar to the French *"bon appétit,"* a wish that a meal will be enjoyed.

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