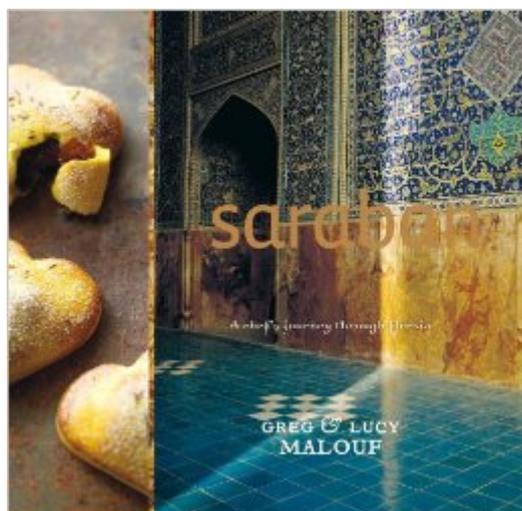


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# Saraban: A Chef's Journey Through Persia



## Synopsis

Following on from the success of their award-winning books, Saha and Turquoise, Greg and Lucy Malouf now explore one of the world's earliest and greatest empires. Saraban is an unforgettable journey through the culinary landscapes of ancient Persia and modern-day Iran. Persian cooking is one of the oldest and most sophisticated cuisines in the world and its influence has spread across India and the Middle East to North Africa and the Iberian Peninsula and even through Medieval Europe. It's a cuisine that is subtle, elegant and alluring, which rejoices in rice, uses fresh herbs in abundance and combines meat, fish, fruit and vegetables with exotic spices, such as saffron, cardamom and dried limes. In Saraban, Greg and Lucy discover a land where the rich diversity of climate, countryside, architecture and poetry provide a fitting background for an equal variety and richness of cuisine. Join them as they visit bustling bazaars and tiny soup kitchens, pick saffron before dawn and fish, in time-honored tradition, from wooden dhows in the Persian Gulf. Then discover the joy of Persian cooking for yourself with the mouth-watering recipes that Greg has created for the home kitchen, as he mixes centuries of tradition with modern techniques and flavors for both the home cook and experienced chef.

## Book Information

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## Customer Reviews

The authors have written:-[Turquoise: A Chef's Travels in Turkey](#) about Turkish food-[Saha: A Chef's Journey Through Lebanon and Syria](#) about Lebanese and Syrian food- This book about Iranian food  
These three excellent books follow the same format:- A larger number of recipes from all over. Some simple, some more complicated. Some traditional, some more novel. Seem like a

very balanced selection.- Travelogue about some of the authors experience. This is actually well written so I don't think they've used a ghost writer. You can feel that the authors are passionate about their travel and their food- Beautiful travel picture. The pictures really create a traditional atmosphere around the food. They are kind of romantic in that they focus of a time that has passed (e.g. cobble stoned streets, old cooking instruments, ruins). To me they are inspiring you to travel. The books are quite pricey so you'll have to decide if they are worth the price. But in terms of content I really like all three of them. I have only give the books four stars, because what I feel is lacking is the depth of a local who really knows ingredients, regions, and recent food trends in the country. Having said this and if you buy all three books, you are able to contrast the different cuisines since the author is the same for all three books. A better book for Persian cuisine in my opinion is "Food of Life: Ancient Persian and Modern Iranian Cooking and Ceremonies" (sorry product link doesn't work). I hope the authors write another book in the same style about the North African cuisine. The book doesn't seem available in the US but you can easily find it in the UK

The Maloufs have written another interesting cookbook. That is, a cookbook that does not consist merely of recipes. The book is profusely illustrated with photographs and a text that evoked images of different aspects of Persia. In terms of recipes the book is divided in to 7 major chapters: the staples, small dishes, soups and salads, stews and sauces, grills and roasts, sweets and preserves. The ingredients in most of the dishes are freely available. Examples of dishes that appealed to me included the staples: little beef and cinnamon turnovers, classical Persian rice, jewelled rice, sour-cherry rice with lamb, Persian Gulf style shrimp and herb rice, baked layered rice with spinach and lamb; small dishes: Persian style Russian salad with tarragon mayonnaise, corn on the cob with sumac and lime-zest butter, fried eggplant with creamy sour sauce, eggplant and crushed walnut dip, Persian potato patties with garlic chives, savoury eggplant fritters; soups and salads: mortar and pestle soup with chickpeas, lamb and flatbread; stews and sauces: lamb and split pea stew; beef ribs braised with orange, chicken with saffron, yoghurt, raisins and pistachios, duck breast with 'fessenjun' sauce, giant meatballs stuffed with fruit and nut, golden seafood stew with Bandari spices; grills and roasts: marinated chicken wing kebabs with skewered tomatoes, offal kebabs with sumac, allspice and oregano, panfried trout with orange zest, cayenne pepper and sumc, tuna steaks with dried mint, oregano and sumac, Bandari spiced calamari with tomat and coriander sauce, yoghurt baked fish with walnut herb crumbs, slow roasted shoulder of lamb with jewelled rice stuffing; sweets: buttermilk ice cream with dried fruit compote, rhubarb and rose cream with rhubarb swirls, sparkling grape jelly with frosted fruit, profiteroles with thick fig cream, hazelnut-orange

shortbreads, roasted dates in coffee syrup. Needless to say, not all of the dishes are "genuine" Persian dishes; rather, some of them are created in the Persian style, often, I suspect thereby becoming more suited to a western palate.

This is, as usual from Malouf and Malouf, an absolutely gorgeous book. The photographs are splendid, both of Iran and of the food. I wished, having been to Iran, that the sites had been identified. And I wish that this version had been converted to US recipe standards. I can figure out the grams and liters thing, but it adds more time to the cooking process. All that said, I loved the book, the recipes, and the food they produced.

This is a beautiful book that will inspire you to try the recipes. I have several Persian cookbooks that tend to call for ingredients that most American kitchens don't have, but this one keeps it simple and doable. It also adds a few dishes that aren't strictly speaking real Persian, but which nonetheless capture the spirit with nontraditional ingredients.

This book is a splendid illustration of the finest of regional Iranian ( Persian) traditional cooking. The cultural history, traditions and food have been hidden from the West for so long, but the tastes and food and drinks are the foundation of some of the finest regional cooking in the European world and the cook and the writer truly showcase the magnificence of the Persian tradition in this beautiful book. In the tradition of these two authors, the book presents the culture, language and the cuisine with stunning photos and quality paper inserts , which reflect the decorative arts and traditions of this fine national heritage.

Love the book, thank you for the follow up when the book was late due to a hold up with customs. You went beyond the norm when the book was missing, and for letting me know by return mail as to where it was. The book is brand new, thanks.

Recipes are simple and elegant. The images are gorgeous - makes you want to go. Fresh cooking, ingredients easy enough to find at an international market, and not too heavy. Makes Persian food tangible to a non-Persian.

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