



The New Persian Kitchen

By Louisa Shafia

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This luscious and contemporary take on the alluring cuisine of Iran from cookbook author Louisa Shafia features 75 recipes for both traditional Persian dishes and modern reinterpretations using Middle Eastern ingredients.

In *The New Persian Kitchen*, acclaimed chef Louisa Shafia explores her Iranian heritage by reimagining classic Persian recipes from a fresh, vegetable-focused perspective. These vibrant recipes demystify Persian ingredients like rose petals, dried limes, tamarind, and sumac, while offering surprising preparations for familiar foods such as beets, carrots, mint, and yogurt for the busy, health-conscious cook. The nearly eighty recipes—such as Turmeric Chicken with Sumac and Lime, Pomegranate Soup, and ice cream sandwiches made with Saffron Frozen Yogurt and Cardamom Pizzelles—range from starters to stews to sweets, and employ streamlined kitchen techniques and smart preparation tips. A luscious, contemporary take on a time-honored cuisine, *The New Persian Kitchen* makes the exotic and beautiful tradition of seasonal Persian cooking both accessible and inspiring.

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Editorial Review

Amazon.com Review

Featured Recipe from *The New Persian Kitchen*: Turmeric Chicken with Sumac and Lime



Ingredients

- 1 teaspoon ground turmeric
- Sea salt and freshly ground black pepper
- 4 bone-in chicken thighs
- 2 tablespoons grapeseed oil
- 3/4 cup water
- 4 cloves garlic, minced
- 2 juicy limes, halved
- Sumac, for garnish

Directions

In a small bowl, mix the turmeric with 1 tablespoon salt and 2 teaspoons pepper. Place the chicken on a rimmed baking sheet and sprinkle with the spice mixture, turning to coat both sides.

Heat a large skillet over medium-high heat and add the oil. Brown the chicken well on both sides, about 7 minutes per side. Pour in the water, then add the garlic, stirring it into the water. Bring the water to a boil, then turn down the heat to low and cover. Braise the chicken for 25 minutes, until the inside is opaque. Transfer the chicken to a serving platter, turn up the heat to high, and reduce the cooking liquid for a few minutes, stirring occasionally until it's slightly thickened. Season to taste with salt and pepper, and pour the sauce over the chicken.

Dust the chicken with sumac and pepper, garnish with lime halves, and serve.

Featured Recipe from *The New Persian Kitchen*: Saffron Corn Soup



Ingredients

- 3 tablespoons grapeseed oil
- 2 yellow onions, finely diced
- 1 teaspoon ground turmeric
- 6 large ears corn, shucked
- 3 dried limes, soaked in hot water to cover for 15 minutes
- 6 cups chicken stock or water
- 1/2 teaspoon saffron, ground and steeped in 1 tablespoon hot water
- Sea salt and freshly ground black pepper
- 2 to 3 tablespoons freshly squeezed lemon juice

Directions

Heat the oil in a stockpot over medium heat and cook the onions for about 10 minutes, until they start to brown. Add the turmeric and corn. Pierce the limes with a knife or fork and add them to the pot along with their soaking water. Add the stock and bring to a boil. Cover and simmer for 15 minutes, until the corn is just tender.

Squeeze the limes against the side of the pot with a long spoon to extract their concentrated flavor before removing them from the soup. Blend half of the soup in a blender, then return it to the pot. Add the saffron and season to taste with salt and pepper. Add lemon juice to taste, and serve.

Review

WINNER, FOOD52 PIGLET AWARD, 2014

Every once in a while I pick up a cookbook and want to cook everything in it, which was the case with this one.

—Martha Rose Shulman, *The New York Times*

“Louisa does a beautiful job of weaving the traditional Persian culinary palette into something of her own. She takes fantastical ingredients—rose water, pomegranates, sumac, and saffron—and spins them into an inspired and unique collection of recipes that are fresh, bright, and brilliantly full of flavor.”

—Heidi Swanson, author of *Super Natural Every Day*

“This is a highly evocative book telling the story of the marvelous cuisine of Iran, one of my favorites and one that has yet to be properly discovered in the West.”

—Yotam Ottolenghi, coauthor of *Jerusalem*

“The New Persian Kitchen is the perfect introduction to Persian cooking, full of classic ingredients and not-so-traditional ones, like tofu and quinoa. This book has something for everyone: practical recipes, anecdotes about the culture and history of Iran, and beautiful photography.”

—Firoozeh Dumas, author of *Funny in Farsi*

About the Author

LOUISA SHAFIA has cooked at restaurants in San Francisco and New York, including Millennium, Aquavit, and Pure Food and Wine. She has created original recipes for Whole Living, *Food Network Magazine*, *Prevention*, and *Better Homes and Gardens* and has been featured in *Yoga Journal*, *New York* magazine, *Every Day* with Rachael Ray, the Washington Post, and Saveur. Her first cookbook, *Lucid Food: Cooking for an Eco-Conscious Life*, is a collection of seasonal recipes that was nominated for an IACP award. Look for her on the Cooking Channel's Taste in Translation series, making Persian kebabs. Learn more about Louisa and watch her cooking videos at lucidfood.com.

Users Review

From reader reviews:

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Melinda McKinney:

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