



# Persian Cooking for a Healthy Kitchen

*Najmieh Batmanglij*

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## **Persian Cooking for a Healthy Kitchen** Najmieh Batmanglij

Persian cuisine is exotic yet simple like a poem by Omar Khayyam, healthy yet colorful like a Persian miniature painting. It combines rice, the jewel and foundation of Persian cooking, with a little meat, fowl or fish; plenty of onion, garlic, vegetables, fruit, nuts, herbs; and a delicate, uniquely Persian mix of spices such as rose petals, angelica seeds, dried limes, candied orange peels, cinnamon, cardamom, cumin and saffron to achieve a delicious and balanced diet. Drawing on her 15 years of experience collecting and adapting authentic Persian recipes, and inspired by her years in Southern France and the United States, Najmieh Batmanglij has brought about a marriage of ancient Persian cooking, French Provencal food presentation, and contemporary American eating styles. The result is *Persian Cooking for a Healthy Kitchen*, 95 exquisite kitchen-tested recipes that are low in fat yet high in flavor--a feast for both the eyes and the taste buds--that meet the current health goals of limiting the calories from saturated fats. The recipes have been kitchen tested by both American and Persian chefs. They are intelligently written and easy to follow, one per page, each facing a magnificent photograph by the renowned French photographer, Serge Ephraïm.

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