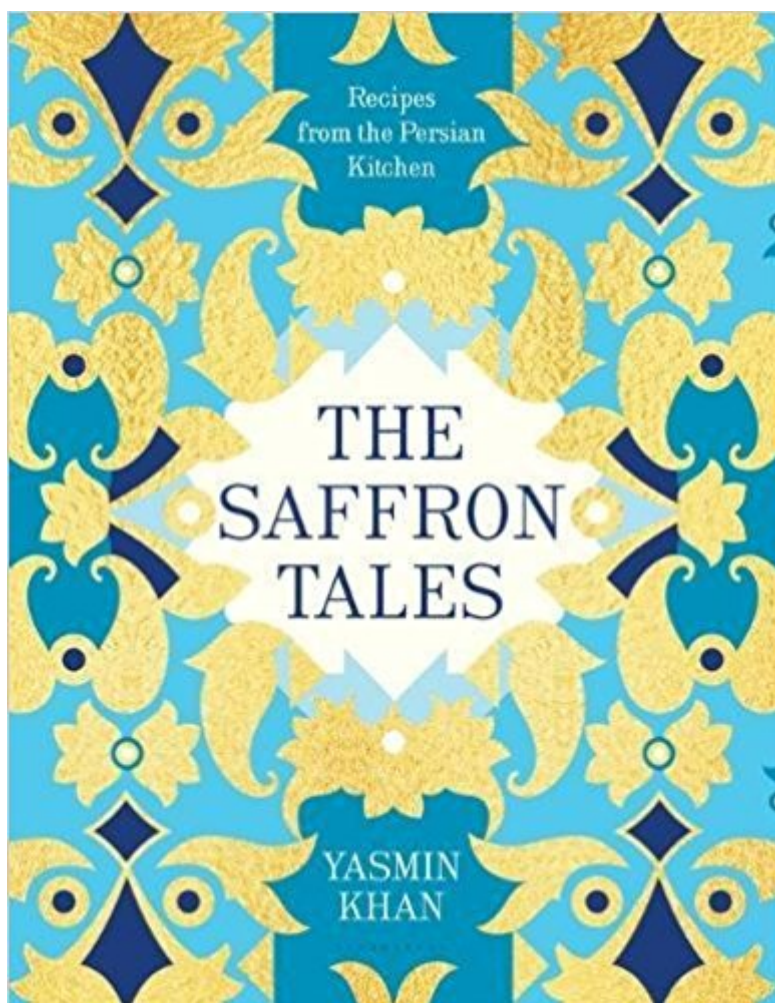


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# The Saffron Tales: Recipes From The Persian Kitchen



## Synopsis

A glorious celebration of the food and people of Iran, featuring stories from home kitchens and more than 80 delicious, modern recipes."This is so much more than a compilation of recipes, gorgeous though they themselves are. This is a book that tells a story, both cultural and personal, and her voice is as engaging as her food." --Nigella Lawson"Barberries, fresh herbs, date molasses, dried limes, saffron; Yasmin's Persian pantry staples are a roll call of my favourite ingredients. Her recipes are a mouthwatering showcase of a beautiful country." --Yotam Ottolenghi"Not just a great cookbook but a book full of stories -- a love letter to Iran and its people." --Diana HenryArmed with little more than a notebook and a bottle of pomegranate molasses, and fueled by memories of her family's farm in the lush seaside province of Gilan, British-Iranian cook Yasmin Khan traversed Iran in search of the most delicious recipes for this Persian cookbook. Her quest took her from the snowy mountains of Tabriz to the cosmopolitan cafés of Tehran and the pomegranate orchards of Isfahan, where she was welcomed into the homes of artists, farmers, electricians, and teachers. Through her travels, she gained a unique insight into the culinary secrets of the Persian kitchen, and the lives of ordinary Iranians today. In *The Saffron Tales*, Yasmin weaves together a tapestry of stories from Iranian home kitchens with exclusive photography and fragrant, modern recipes that are rooted in the rich tradition of Persian cooking. All fully accessible for the home cook, Yasmin's recipes range from the inimitable fesenjoon (chicken with walnuts and pomegranates) to kofte berenji (lamb meatballs stuffed with prunes and barberries) and ghalyieh maygoo (shrimp, coriander, and tamarind stew). She also offers a wealth of vegetarian dishes, including tahcheen (baked saffron and eggplant rice) and domaj (mixed herb, flatbread, and feta salad), as well as sumptuous desserts such as rose and almond cake, and sour cherry and dark chocolate cookies. With stunning photography from all corners of Iran and gorgeous recipe images, this lavish cookbook rejoices in the land, life, flavors, and food of an enigmatic and beautiful country.

## Book Information

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## Customer Reviews

"Yasmin Khan has lived and traveled widely in Iran, and *The Saffron Tales* . . . reflects traditions she knows intimately. But she has the rare gift of being able to translate her personal heritage into recipes even newcomers will be able to pull off." - *The New York Times Book Review*"Yasmin Khan traversed Iran in search of the country's most delicious recipes, adding her own modern twist to each dish." - *The Independent*"One of the more engrossing cookbooks I read this year . . . Nations speak and, in some cases, survive through their culinary traditions. This book is an incomparable and important examination of Iranian society through its kitchens and cuisine." - Jessica Koslow, *The Wall Street Journal*"Of all the books I read for this roundup, [*The Saffron Tales*] had the most recipes I wanted to try. The combination of simple and unusual gets me every time. An omelette with dates and cinnamon was a delight. Olives marinated with walnuts and pomegranates were cocktail-hour crack." - *The Wall Street Journal*"[Khan's] food is a sensitive balance of tradition with modern tweaks." - *Los Angeles Times*"Yasmin celebrates the rich history of Persian food with accessible recipes and enticing photographs. Fan of Ottolenghi? You'll love this!" - *Good Housekeeping*"A truly impressive culinary compendium showcasing and celebrating the cuisine of Iran . . . enjoyable . . . inspiring . . . *The Saffron Tales* is strongly recommended and certain to be an enduringly popular addition to personal, professional, family, and community library cookbook collections." - *Midwest Book Review*

Yasmin Khan is a writer and cook from London who loves to share people's stories through food. An avid traveler whose passport is never too far from her pocket, she runs cooking classes, pop-up supper clubs and writing retreats around the world. Prior to immersing herself in the fragrances and flavors of the Persian kitchen, Yasmin worked as a human rights campaigner, running national and international campaigns for NGOs and grassroots groups, with a special focus on the Middle East.  
[thesaffrontales.com](http://thesaffrontales.com) / [@yasmin\\_khan](https://www.instagram.com/yasmin_khan)

I have had this book for only a couple of weeks and have already made so many dishes. This is my

new favorite Cookbook. I had a small dinner party for vegetarians (and one vegan) and made the Persian rice salad and Burnt Eggplant dip. Both delicious. Can't wait to make the Persian Love Cake and the Date Bars. Love the flavors and recipes are easy to follow and made me feel confident even when using exotic ingredients like Saffron, Golpar, Rose Water. I am going to give this cookbook as a gift to friends for Christmas.

I am entranced with this cookbook, and have already made at least sixteen of the recipes. I took the time to find (or order from ) some of the less common ingredients, such as dried limes and barberries. Everything has come out wonderfully. I had a small dinner party one night and just winged it using Khan's menu suggestions, and everything came out great even though I'd never made any of it before. Iranian food, particularly the liberal and extensive use of fresh herbs, is so elegant and flavorful, it's become my new favorite cuisine.

I love reading all the stories and can't wait to try out all the delicious recipes offered in this beautiful book. Yasmin Khan has travelled throughout Iran in search of regional and family recipes, collecting a sample of every region in this well written book. I love this cookbook so much that I haven't put it on shelf next to my other cookbook collection yet, reading recipes and the stories that go with them every day.

I read about the story behind the cookbook and was interested in that as much as the recipes themselves - the family history, and the stories of where the recipes come from, as well as the country itself. All of that is really fun to read about, and is nicely weaved into the recipes. But it's not just the stories. The food is so, so good. I'm not a good cook, and I've never cooked Persian food at home, but there's so much in this book that is simple to do (while looking v v impressive to the dinner guests.) The red cabbage and date salad is better than any coleslaw I've ever bought, Chicken with walnuts is the easiest complicated thing I've ever tried, and the easy naan is even easier than the name suggests. Also, super important in our house given we're 50% vegetarian, not only are there lots of veggie dishes, but the meat recipes often have a postscript outlining a vegetarian alternative. This is a great cookbook, especially if you're interested in what food means for a country and the people who live there.

A wonderful book, love to read of Yasmin's travels and the people she met along the way. I got over my fear of working with yeast and made Naan bread, I surprised even myself at how well it turned

out, mine look a little golden, as I dabbed with butter when they were done. The almond/date tahini balls are a dream and so good for you.....I would very much recommend this book.

A really wonderful book. I found the recipes to be written well and the anecdotes that went along with each one made me feel like I was sitting down and sharing a meal with the author. There are a few special ingredients that I did not have, but I now have a kitchen full of cardamom, rose water, orange blossom water and other beautiful things I never even knew about. If you like to travel the world from your kitchen as I do, you need this book in your collection.

It's amazing cookbook with great contain and many lovely pictures. More than that the writer explaining how in a very easy way how to cook for beginners even those complex recipes.

A new favorite cookbook! The Saffron Tales combines stories of Iran with interesting recipes both traditional and modern. I have made a few of these recipes already and they have been simple to follow and turned out really well. I have loved learning more about Iranian culture and cuisine.

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