



In a Persian Kitchen: Favorite Recipes from the Near East

Maideh Mazda

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Much more than just a Middle Eastern cookbook, *In a Persian Kitchen* offers a look at a rich culinary culture in delightful detail.

With colorful notes that reflect her family's traditions, Maideh Mazda offers readers the possibility of creating the delicate flavors of Persian cuisine. Maideh prioritizes economy and availability of ingredients, while at the same time offering wholly authentic recipes for such delicacies as:

- Pomengranate Sauce
- Ashe Reshte, a hearty beef noodle and lentil soup scented with cinnamom
- Ashe Torsh, a delicate dried fruit soup with cinnamon and mint
- And many more...

Notes on preparation and reflections on her experience of Persian food and eating customs growing up in a traditional Azerbijian household make this book "a pleasure to read" —*The New York Times*.

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