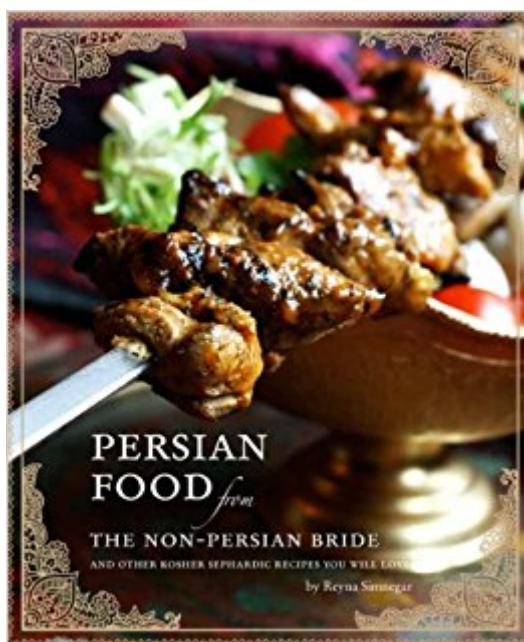


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# Persian Food From The Non-persian Bride: And Other Sephardic Kosher Recipes You Will Love



## Synopsis

This new Kosher cookbook is unlike anything you have seen before. It offers an enticing collection of Persian and Middle Eastern recipes, from simple snacks to a full-blown feast! With over 100 stunning color photos and clear step-by-step instructions, you will be able to produce with ease a lavish spread of dishes from traditional well known Persian favorites to outright exotic. This book also offers sample Persian menus for all Jewish holidays and customs (minhagim) Persian Jews practice. More than just a cookbook, Persian Food from the Non-Persian Bride is the odyssey of a Venezuelan woman venturing into the unknown and mysterious world of Persian Jewry through marriage. This book is full of hilarious, and at times ironic, accounts of what happens when soul mates are not from the same origin. This book is a celebration of Jewish cultural diversity. This book will inspire you, make you laugh and make you an incredible exotic kosher cook!

## Book Information

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## Customer Reviews

After my now-husband proposed, I received a special delivery in the mail: Persian Cooking for a Healthy Kitchen by Najmieh Batmanglij. I must admit it was a bit daunting - lots of ingredients I did not have access to (dried limes, sour grapes, barberries, quince, etc.), I found the recipes very involved and it is not a kosher cookbook (I can't make my tahdig with yogurt). A friend showed me this book and I was thrilled to relate to the title - a non-Persian cooking for her Persian husband! Just what I needed! The recipes are easy to follow, not time consuming, mostly Persian and so far so good! I especially love the Moroccan spinach as a fast, healthy side dish! I also like that the author gives alternatives to frying as I don't fry much. Now. For you naysayers. Yes, the author uses

canned veggies/beans in her recipes. So does Batmanglij. And I'm sure Colbeh in Manhattan does too (LOVE that restaurant!). Still tastes delicious. Get over it. Yes, there are a good number of non-Persian recipes in this cookbook including recipes the author simply threw together that her family loves (this includes the ill-fated moussaka recipe mentioned in other reviews which the author created consisting of Lawry's seasoned salt and taco seasoning; the fact that it is deemed a "Persian moussaka" is ludicrous, I agree). The Libyan, Moroccan - even Ashkenazi! - recipes are delicious though too so take them as an added bonus! At the end of the day, if you're looking for a truly authentic cooking experience you need to find Persian Food from the Seventh Generation Persian Bride. The fact that this is written by a non-Persian (as stated in the title) means it's going to be easy for non-Persians to make mostly authentic recipes. At the end of the day, my Persian husband and all of my Shabbat guests have enjoyed the food I've made from this cookbook, so overall a success!

When my daughter became engaged to a Persian guy I saw this book in our local Judaica store and bought it for her. They are now married almost 3 years and I am amazed by the way she has learned to cook! I assumed she learned from her mother in law, but no--she said it was from this beautiful book that I bought for her. Needless to say, I had to add this book to my collection. It is filled with interesting recipes, beautiful pictures and wonderful stories. I would definitely recommend this book to anyone who wants to venture beyond the world of kugel and brisket! I LOVE THIS BOOK!!

I had the pleasure of meeting Reyna recently and she had mentioned that she writes cookbooks. She was so lovely and kind that I thought I would check out her cookbook and video's which I found on youtube. I just received the book (all proceeds go to charity by the way, another reason to love her) and let me just say that this book is stunning! It weighs a ton because it is so full of recipes. The photos are beautiful as well as all through out the book. Reyna covers everything. I feel like I am having a private cooking lesson with her when preparing the food. She explains everything perfectly and uses simple techniques with exotic flavors that are easily found. What a refreshing book. Totally inspirational. I quickly rummaged through my refrigerator to see what ingredients I happen to have on hand so I could try out some of her recipes. I made the moroccan carrot salad (delicious) and the cucumber salad (refreshing and delightful as well as healthy). I am off now to the market to purchase some more groceries to try more recipes. My Husband is French and fussy and he loved the dishes!!! Thank you Reyna!!! A true treasure!!!

We bought this as a wedding gift for a Jewish bride marrying a secular Jewish but Iranian born husband. This has been a great success. The pictures help with the serving and the detailed instructions and excellent recipes have been very successful. The couple has shared their successes with other family members and everyone agrees that every recipe is a winner.

I've already submitted this. Book was perfect and great to own. Book cover jacket was torn near spine which was disappointing as it was a gift. Happy to keep book but was disappointed.

Too hard and not specific enough.

Persian food is uniquely flavored and an absolute wonderful sensory delight. This book has a fine selection of recipes that are relatively easy to prepare, and the author includes lot of helpful information about the ingredients you need to have on hand for Persian cuisine. I am so glad I discovered this book.

I love this book, shipped quickly and has so many reviews...I couldn't wait to receive it

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