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The ancient Persian diet looks very similar to the region's current diet: produce, bread, rice and smaller amounts of meat and dairy. Fruits were often-times eaten as a dessert.

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Food of Life, the title of the book, comes from the Persian words nush-e jan, literally "food of life"--a traditional wish in Iran that a dish will be enjoyed.

For the updated 1993 edition the title was changed to New Food of Life.

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Food of Life propels Persian cooking into the 21st Century, even as it honors venerable traditions and centuries of artistic expression. It is the result of 30 years of collecting, testing and adapting authentic and traditional Persian recipes for the American kitchen.

Description: Food of Life, a book of ancient Persian and modern Iranian cooking and ceremonies, draws from a culture where the first recipes were written 4000 years ago in a cuneiform script on clay tablets. In Iran duality and balance have always played an important role, not only in such ancient concepts as good and evil, truth and falsehood or light and darkness but also in the nature of human beings.

Her Food of Life was called "the definitive book on Iranian cooking" Najmieh has spent the past 35 years cooking, traveling, and adapting authentic Persian recipes to tastes and techniques in the West.

Food of Life: Ancient Persian and Modern Iranian Cooking ...

ABOUT PERSIAN FOOD You know more about Persian food than you might think. When you ask for oranges, pistachios, spinach, or saffron, you are using words derived from Persian that refer to foods either originating in the region or introduced from there, for Persia was a great entrep t of the ancient and medieval worlds.

Najmieh Batmanglij, the "guru of Persian cuisine," wrote the first edition of Food of Life back in 1986 as a way for her to pass down Persian cooking (and culture) to her sons. More than twenty-five years later, "Food of Life" is still going strong and has been given a beautiful update.

9781933823478: Food of Life: Ancient Persian and Modern ...

Food of Life is one of the few volumes whose breadth ranges from the exacting measures that go into cooking a perfect bowl of rice to the intricacies of a traditional ancient Persian marriage ceremony. Her life and her work meet at the vortex of feminism, tradition, ceremony, and the nourishment of body and mind, proving that none of these concepts need be foreign to one another.

Food Of Life Ancient Persian

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Ancient Persian Foods Beans. Carrots. Eggplant. Garlic. Grapes. Lemons. Lentils. Limes. Onions. Oranges. Pomegranates. Spinach. Squash. Watermelons.

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