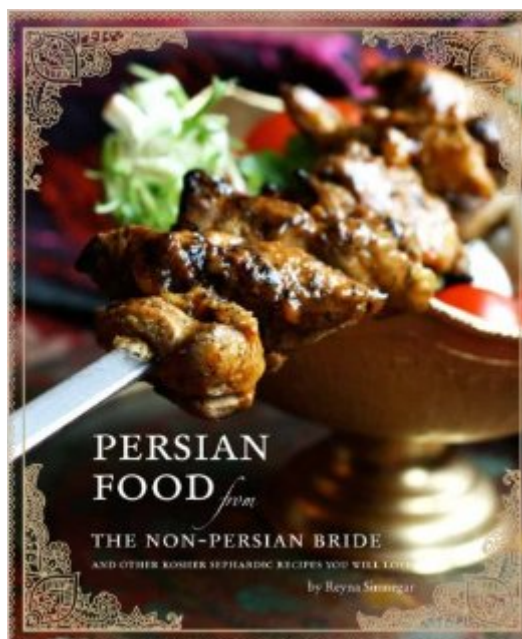


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# Persian Food From The Non-persian Bride: And Other Sephardic Kosher Recipes You Will Love



## 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

Hardcover: 374 pages

Publisher: Philipp Feldheim; Second Edition edition (March 1, 2011)

Language: English

ISBN-10: 1583303251

ISBN-13: 978-1583303252

Product Dimensions: 1.2 x 8.8 x 10.2 inches

Shipping Weight: 3.2 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (40 customer reviews)

Best Sellers Rank: #72,734 in Books (See Top 100 in Books) #26 in [Books > Cookbooks, Food & Wine > Special Diet > Kosher](#) #31 in [Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern](#)

## Customer Reviews

This beautiful and comprehensive book will delight meat eaters and vegetarians, Jews and non-Jews, Persians and non-Persians, in fact everybody who enjoys good foods offered with class. The book has enchanting pictures on every other page, with dozens and dozens of recipes, divided into six sections: appetizers and side dishes; fish and soups; poultry and meat; Persian rice; dairy foods, egg dishes, and snacks; and Persian beverages and deserts. Reyna Simnegar is not Persian, but when she married her "dear husband," who is Persian, he insisted that she learn how to cook Persian foods. "Persians," she writes, "love their food" and "their music." She soon became "enamored with Persian culture. I loved all the Middle Eastern flavors, the smell, the music, the

color.... I had no idea that this people with such a vibrant culture existed." She introduces the book with a description of Iranian Jews, how this book is kosher, six pages of what things the non-Persian woman must have in her Persian kitchen, and a page on "It's my kitchen and I'll marinate if I want to!" In her section on appetizers, for example, she gives recipes for three Persian breads, seven dips, and fourteen salads. All are tasty, all are nourishing. Each recipe is introduced by a paragraph or two with general information. Eggplant, for instance, is to Persian Jews what potatoes are to non-Persians. As with potatoes, salt should be added to release flavor. In this paragraph about babaganoush, she shows her breezy writing style. "Yes, you can totally buy babaganoush at the grocery store, but once you have made your own (which, by the way, is `easy-shmeezy'). You will never be able to go back to the mass-produced variety.

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