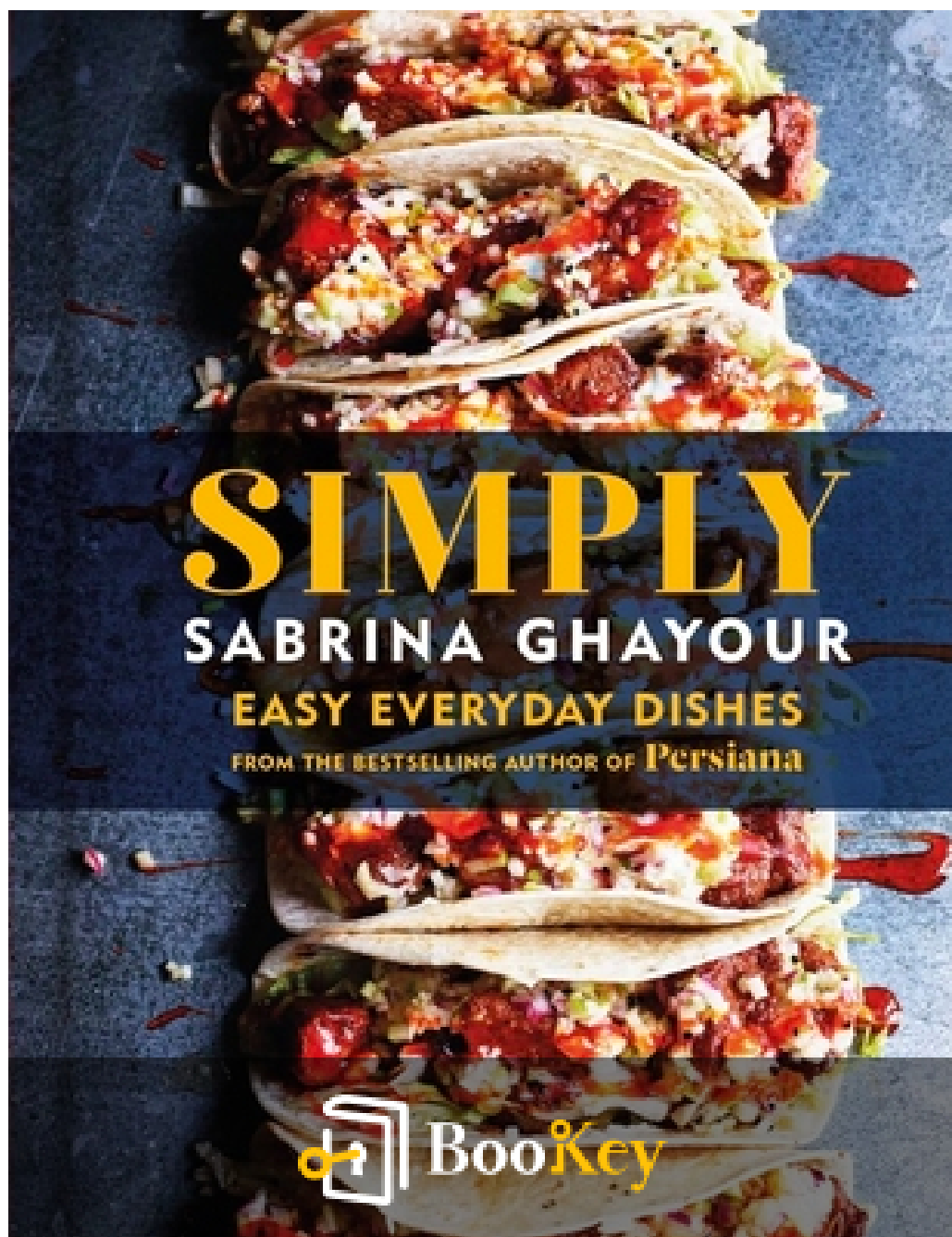


# Simply PDF (Limited Copy)

Sabrina Ghayour



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## **Simply Summary**

"Effortless Meals for Everyday Satisfaction"

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## About the book

In "Simply," Sabrina Ghayour invites you to embark on a culinary adventure that demystifies the art of Persian-inspired cooking, making it accessible and enticing to all, regardless of skill level. This vibrant collection of recipes showcases the freshness and flavorsome bounty of Middle Eastern ingredients fused with contemporary twists, designed to elevate everyday meals into extraordinary feasts. Through effortless, straightforward instructions and an infusion of Ghayour's passion and expertise, "Simply" transforms the seemingly complex into delightful simplicity. Whether savoring a succulent lamb dish, an aromatic spiced stew, or indulging in delectable sweet treats, you'll find yourself swept away into a world where culinary sophistication and simplicity unite, bringing joy to your kitchen and warmth to your table. Delight in rediscovering the magic hidden within simple ingredients and relish the delightful journey "Simply" sets before you.

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## About the author

Sabrina Ghayour is a celebrated chef and best-selling author recognized for her exceptional contribution to Middle Eastern cuisine. Born in Tehran and based in the United Kingdom, Ghayour's culinary passion was sparked in the heart of her family's kitchen, where fragrant dishes brimmed with the flavors of her Persian heritage. Over the years, she has developed a robust following for her approachable yet innovative cooking style that harmonizes traditional Middle Eastern recipes with contemporary twists. Sabrina is widely revered for her warm and engaging presence, both in her popular cookbooks and through television appearances and food festivals. A charismatic culinary storyteller, she weaves a vibrant tapestry of her cultural roots into each dish, inviting home-cooks and food enthusiasts alike to experience the diverse flavors and textures of the Middle East in their own kitchens.

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# Summary Content List

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## Chapter 1 Summary: Effortless eating

In this diverse and flavorful collection of recipes, we are introduced to an array of dishes that celebrate the richness of various cuisines, emphasizing Middle Eastern and Mediterranean influences. Each recipe is designed to capture a unique flavor profile, from the tartness of pomegranate to the earthiness of cumin, crafting an immersive culinary experience.

### **Appetizers and Light Dishes:**

The book begins with an exploration of herbs and spices, such as thyme and za'atar, which are used to enhance the natural sweetness of roasted tomatoes served with Greek yogurt. This dish sets the tone for simple yet impactful flavor combinations. The Mozzarella, Olive & Za'atar Pizzettes, inspired by Lebanese and Italian cuisines, offer a quick and delightful fusion snack using simple ingredients like mini tortilla wraps and mozzarella.

### **Soups:**

The warming Cauliflower & Cumin Soup highlights the surprising depth that cauliflower can achieve when paired with bold spices, while the Spiced Carrot & Tamarind Soup balances carrot's sweetness with the tang of tamarind. These soups demonstrate how humble ingredients can be transformed into rich, decadent starters.

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## **Savory Breads and Toasts:**

Curry-Spiced Parmesan Toasts offer an addictively crispy and savory alternative to traditional French toast, perfect with the aforementioned soups. Each bite is a testament to the versatility of spices like curry powder and cayenne pepper, which elevate the umami richness of Parmesan cheese.

## **Poultry Delights:**

For more substantial bites, the Date & Ginger Chicken Wings combine sticky sweetness with spicy char for an unforgettable finger food experience, while Green Chicken with its herbaceous marinade provides a fresh, aromatic meal perfect for wraps or salads.

## **Vegetarian and Vegan Entrees:**

Vegetable-forward dishes are aplenty, with Charred Courgettes and Cannellini Bean Mash offering a textural and flavorful showcase of seasonal produce. The Cannellini Bean Mash, paired with preserved lemon and tahini, demonstrates how legumes can serve as the canvas for bold flavors.

## **Hearty Mains:**

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Meat lovers will relish recipes like Spice-Rubbed Spatchcocked Poussin, a quicker-cooking alternative to traditional roast chicken. Pomegranate Molasses & Honey-Glazed Meatballs present a perfect marriage of sweet and sour, Asian-inspired flavors. On the seafood front, Yogurt & Spice Roasted Salmon encapsulates the ease and flavor of roasting fish at high temperatures, resulting in moist interiors and a beautifully charred exterior enriched with spices.

### **Creative Salads:**

There's no shortage of inventive salads, each designed to be both a dish and an accompaniment. Green Bean Salad with Tahini, Preserved Lemon & Pine Nuts exemplifies how beans can transform into a salad with Middle Eastern influences. Equally vibrant is the Cucumber, Green Apple & Nigella Seed Salad with Feta, combining sweet, sharp, and creamy elements for a refreshing palate cleanser.

### **Bakes and Pastries:**

Finally, the Beetroot & Feta Lattice offers a vegetarian delight wrapped in puff pastry—comforting yet sophisticated. And for those with a sweet tooth, dishes like Roasted Nectarines with Labneh, Herbs & Honey blur the line between dessert and savory, merging fruitiness with a hint of spice.

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Each recipe aims to be more than just a meal; they are crafted experiences inviting readers to journey through flavor profiles that may be both familiar and daring. The simplicity of preparation encourages cooks of all levels to experiment and savor the vibrant outcome of each dish.

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## Critical Thinking

**Key Point:** Simple Ingredients, Bold Flavors: Elevating Basics

**Critical Interpretation:** Imagine taking what's familiar in your pantry and transforming it into something profoundly satisfying, purely through the art of combining bold flavors. This chapter teaches you how ordinary can be extraordinary, inspiring you to approach cooking and life with an adventurous spirit. By using herbs and spices like za'atar to enhance natural ingredients such as tomatoes and yogurt, you create a culinary experience that satisfies not only the palate but the soul. This perspective encourages you to see everyday life through a lens of creativity, finding joy and beauty in simplicity and inspiring you to experiment confidently, leading to delightful surprises in both cooking and living.

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## Chapter 2 Summary: Traditions with a twist

The selection of Persian and Middle Eastern recipes presented here highlights the rich and diverse culinary traditions from these regions.

Whether you are a seasoned cook or a novice in the kitchen, these recipes offer a glimpse into the cultural significance and flavors that define Persian and Middle Eastern cuisines. Here's an overview that combines history, ingredients, and the preparation of each dish:

**Maast-o-Esfenaj:** A Persian classic that combines spinach and yogurt, traditionally served as a main dish or condiment rather than just a dip. It incorporates garlic, walnuts, and sumac for texture and flavor complexity. This dish challenges Western perceptions of yogurt's role in cooking.

**Butternut Borani:** A surprising twist using butternut squash and yogurt, this Persian-inspired dish highlights the adaptability of yogurt beyond its traditional pairings with cucumber and spinach. Topped with dill, chili flakes, and walnuts, it's a crowd-pleaser for its unexpected sweetness and creaminess.

**Green Hummus:** A vibrant twist on the traditional hummus, this version is infused with fresh herbs like parsley, coriander, and tarragon, giving it a unique flavor. It's perfect for dipping with raw vegetables or as a sandwich spread.

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**Lamb & Mint Kofte:** These are Turkish meatballs seasoned with dried mint. Originating from Antakya, these kofte are simple to prepare, offering rich and satisfying flavors that can be served with yogurt and mint.

**Ultimate Falafels:** A non-traditional take on falafels, enriched with herbs and spices for an enhanced flavor. These are ideal for serving in pitta with a selection of accompaniments like sliced vegetables and sauces.

**Kabab Koobideh:** This iconic Persian kebab, traditionally made from lamb, reflects the historical practice of Persian soldiers grilling meats over their swords. The dish emphasizes the significance of using minced meat with substantial fat content for juiciness and flavor.

**Tepsi Kebap:** This Turkish dish, originating from Antakya, utilizes a tray-baked method for making kebabs, ensuring tender and flavorful meat. It's easy to prepare and serves well with breads and yogurt.

**Tahchin:** A traditional Persian rice cake with layers of saffron-infused rice and sour barberries. Despite its complexity, this dish can be simplified while still delivering rich flavors and a comforting appeal.

**Albaloo Polow:** Combining meatballs with sour cherries, this Persian rice dish exemplifies the Persian penchant for pairing meat with fruit. It's a

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vibrant choice for serving alongside roasted meats or as a standalone dish.

**Tahdig e Makaroni** Applying the tahdig technique to pasta, this Persian dish gives spaghetti a crispy, desirable crust, commonly seen in Persian rice dishes. It combines minced beef, tomato purée, and a blend of spices.

**Maman Malek's Borscht:** This dish, deeply ingrained in Persian-Russian culinary crossover, offers a beetroot and cabbage soup with beef, perfect for comforting family gatherings.

**Turmeric & Black Pepper Braised Lamb Neck** Stewed with turmeric and spices, lamb neck is an affordable and flavorful alternative to lamb shanks, often served with rice.

**Koofteh Berenji:** A tribute to nostalgic family memories, these rice and lamb meatballs with yellow split peas boast homely flavors and are perfect for batch cooking.

**Adas Polow:** A celebratory rice dish with lentils, raisins, and saffron, adored for its sweet and savory profile. It's often complemented with herbs and nuts.

**Khoresh-e-Karafs:** A herbal lamb and celery stew with delicate flavors, this dish is cooked patiently to develop a tender texture and robust taste,

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showcasing the depth of Persian stews.

**Spicy Bulgur Wheat Meatballs:** Inspired by a Turkish favorite, these bulgur wheat and lamb meatballs in tomato sauce provide a spicy kick, ideally served with buttered pasta.

**Naan-o-Paneer-o-Sabzi:** A Persian cheese platter featuring a simple array of herbs, cheese, and bread. It's a classic starting dish for Persian meals, welcoming guests with its freshness and simplicity.

These recipes collectively paint a picture of a vibrant culinary tapestry, reflecting both ancient traditions and modern innovations, ensuring that every dish tells a story of cultural heritage and flavorful enjoyment.

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## Critical Thinking

**Key Point:** Embrace the Unexpected

**Critical Interpretation:** The standout lesson from Chapter 2 can profoundly inspire your life by teaching you to embrace unexpected combinations and outcomes. Just as in Persian and Middle Eastern cuisines, where unusual pairings like sour cherries with meatballs create extraordinary flavors, life too holds surprises that can lead to enriching experiences. Open your mind to different possibilities and reframe challenges as opportunities to explore new paths. By savoring the unexpected, you develop a dynamic perspective that energizes your journey, making each moment a curious and flavorful adventure.

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## Chapter 3 Summary: The melting pot

The text provides an engaging snapshot of diverse culinary dishes and their preparation, showcasing a blend of global influences and personal culinary impressions. Each dish incorporates elements from different cuisines, adding exotic flavors and unique twists to well-known concepts.

- 1. Courgette & Oregano Pancakes:** Inspired by the Turkish mücver, these pancakes offer a breakfast or brunch delight combined with salty feta and sweet honey. Essential elements include courgettes, eggs, baking powder, and pul biber chili flakes to provide a spicy kick. The pancakes are served hot with crumbled feta and honey drizzle, enhancing the savory-sweet contrast.
- 2. Harissa Chicken Noodle Lettuce Cups:** These lettuce cups, a playful fusion of sweet and spicy flavors, are perfect for warm weather dining. Shredded poached chicken and fresh vegetables like beans and carrots are combined with rice noodles and a harissa-spiked dressing. The dish is grounded with coriander, lime zest, and soy sauce, making it an appetizing option for sharing.
- 3. Harissa & Lime Chicken Wings:** Taking inspiration from Thai fish sauce chicken wings, these wings are deep-fried for a crispy outside and tender inside. Coated in a sauce flavored with fish sauce, honey, rose harissa,



and lime, it provides a blend of sweet, spicy, and citrusy sensations.

**4. Lamb, Cumin, Coriander & Chili Kebabs:** Inspired by traditional Pakistani lamb kebabs, this home-friendly version combines well-seasoned lamb with aromatic spices, cooked on a griddle or oven for ease. Enhanced by garlic, coriander, and chili flakes, they are best complemented with a cooling yogurt dip.

**5. Spiced Lamb, Date, Pine Nut & Feta Melts:** Combining sweet, spiced lamb with dates, these melts offer the perfect balance of flavors when accompanied by creamy feta. Wrapped within flour tortillas and oven-grilled, they present an irresistible marriage of savory and sweet, sprinkled with pul biber chili flakes.

**6. Harissa Kofta Lettuce Cups:** North African-inspired lamb koftas are enriched with harissa and herbs, served within fresh lettuce cups, and accompanied by a preserved lemon yogurt. This combination of spicy and citrus flavors results in a refreshing dish suited for an appetizer or a light meal.

**7. Polow-e-Bademjan-o-Felfel:** This dish, with fried aubergines, peppers, and tomato-infused rice, is vegan-friendly due to the use of oil. The curry-like spice mixture enhances the earthy notes of aubergine, rounded with tomato purée, ensuring a richly flavorful meal.

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**8. Steak Tartines with Tarragon & Paprika Butter** An impossible-to-eat -gracefully yet delightful dish, featuring sirloin steak with a spicy butter and served over toasted bread with sun-blushed tomatoes and a hint of fennel-level character.

**9. Lazy Beef & Caramelized Onion Pide:** This is an effortless variation of Turkish pide, utilizing frozen puff pastry. Flavored with caramelized onions and spiced minced beef, it serves a delectable slice of comfort with minimal effort, perfect for those idle cooking days.

**10. Lamb, Tomato & Barley Soup** Derived from Persian cuisine, this hearty, stew-like soup pairs tender lamb with barley and tomatoes for a comforting one-pot meal. Its robust flavors are enhanced by herbs and a hint of lemon.

**11. Chilled Cucumber & Pistachio Soup:** Inspired by Spanish ajo blanco, this soup is a Persian twist featuring pistachios, cucumber, and aromatic herbs. Blended smoothly, it's a refreshing preparation—best served cold as an appetizer.

**12. Tomato & Peanut Salad with Tamarind, Ginger, & Honey Dressing**  
The gentle acidity of tamarind combined with honey and ginger provides a subtle yet flavorful dressing for a simple tomato and peanut salad, adding an

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unexpected depth with a hint of sweetness.

**13. Sweetcorn, Black Bean & Avocado Salad** This savory and spicy salad enriches Mexican elements with the unexpected aromatic lift from kaffir lime leaves, providing a fresh, vibrant dish characterized by its melding of textures and tastes.

**14. Chargrilled Aubergines with Red Pepper, Chilli & Walnut Sauce** The aubergines are grilled and paired with a Romesco-like sauce. Rich in flavor, this dish can be enlivened with olives and chopped walnuts, providing hearty textures and flavors.

**15. Watermelon, Black Olive, & Feta with Cayenne, Honey & Lime Dressing:** Combining classic Eastern Mediterranean pairings of watermelon and feta, this dish takes on a new texture with frozen grated feta, unified by a sweet and spicy dressing.

**16. Ghayour House Chicken Kari:** A 'house special' curry that finds a harmonious balance between spices and juicy chicken, this dish allows for protein versatility—swapping chicken for prawns or vegetables based on preference and dietary needs.

**17. Sticky Harissa, Sesame & Pistachio Chicken:** With its distinctive sticky and nutty taste, the dish calls for chicken cooked in cinnamon and



harissa, then topped with sesame seeds and pistachios. It's an easy recipe reminiscent of Cantonese preparations but with Persian influences.

**18. Chorizo, Goats' Cheese & Cumin Borek:** Filo parcels filled with spicy chorizo and goats' cheese marry Mediterranean flavors, driven by cumin's earthy notes, and promise a comforting indulgence due to the rich texture of the pastry.

**19. Silk Road-style Lamb & Cumin Pasta:** Among an eclectic blend of spices, this dish breathes culinary life into pasta using distinctly Middle Eastern spices. A seemingly unconventional combination, yet one that offers a memorable, spicy kick.

**20. Fragrant Fish Cakes with Preserved Lemon Mayonnaise:** White fish is paired with heavily seasoned mash and herbs, coated and crisped up, with a preserved lemon mayonnaise offering a sharp, citrusy counterpoint to the fish cakes' rich texture.

**21. Fish, Okra & Tamarind Stew:** A tribute to Southeast Asian gastronomy, this dish employs tangy tamarind to underscore the stew's main flavors—okra and white fish—providing a hearty meal that transports diners to tropical shores.

**22. Seafood, Coconut & Ginger Spiced Rice:** This one-pot dish is a nod



to Spanish paella, using coconut milk to enrich a ginger-spiced rice mix, beautifully complimented with squid and prawns for a luscious main course.

Each recipe embodies a fusion of cultures and tastes, intertwined with personal reflections from culinary explorations, achieving a vibrant culinary journey through aromatic spices and diverse ingredients.

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## Critical Thinking

**Key Point:** Celebration of Culinary Diversity

**Critical Interpretation:** In Chapter 3 of "Simply," Sabrina Ghayour presents a vibrant tapestry of global cuisine that encourages you to break free from culinary norms. By incorporating international flavors into traditional recipes, she invites you to embark on your own gastronomic adventure. This key point emphasizes the beauty of exploring diverse culinary traditions, inspiring you to embrace the unfamiliar and integrate novel techniques and ingredients into your daily meals.

Witnessing these cross-cultural flavors unfold in the kitchen not only broadens your palate but also deepens your appreciation for the interconnectedness of world cuisines. By experimenting with exotic spices and unexpected combinations, you develop a sense of creativity and connection to global cultures, fostering both personal growth and communal experience over shared meals. This culinary diversity enriches everyday cooking, igniting curiosity and passion, making each dish a delicious reminder of the world's rich and varied tapestry.



## Chapter 4: Something special

The chapter you've provided is a collection of unique, vibrant recipes, capturing an array of flavors and culinary techniques from different cultures. The chapter begins with an introduction to Crispy Cod Wraps, a dish designed to appeal even to those hesitant about fish, made by frying cod chunks coated in a seasoned flour mixture and complemented by a tangy salsa and harissa lime mayonnaise. The chapter then navigates through various recipes, each offering a different taste experience.

To highlight the trends and ingredients, we've Sticky Peach & Halloumi Skewers that bring out the indulgence of halloumi cheese with the sweetness of apricot or peach jam. Crispy Prawns follow with a spicy and flavorful coating, served with a mango and tomato dip, reminding us of similar dishes like salt and pepper squid but with an innovative twist.

Further, the culinary journey explores a diverse range of dishes: Spiced Pork Wraps with Green Apple Salsa feature the traditional pork and apple pairing with an exotic spicy kick. Chicken & Apricot Pastries blend the savory and sweet, offering a comforting pie, especially in a country famed for such culinary creations. Both vegetarian and vegan options are well-represented with dishes like Pear, Chickpea & Green Leaf Salad with Maple Harissa Dressing, which challenges and balances bold flavors, and Cauliflower & Asparagus Black Rice Salad, known for its vibrant colors and nutrient-rich

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profile.

Roasted Parsnips, remarkably prepared with tahini yogurt sauce, herb oil, and pomegranate seeds, aim to broaden the acceptance of parsnips beyond a holiday vegetable. Another colorful dish, Strawberry, Soft Goats' Cheese & Pistachio Salad, captures a refreshing combination of sweet, creamy, and crunchy elements.

Delving deeper into flavors, there's the Spiced Chicory & Roasted Pepper Salad with Oranges & Anchovies, an embodiment of contrasting yet complementary flavors. Smoked Aubergine, Tomato, Tamarind & Peanut Salad follows a Middle Eastern tradition with a new twist. For hearty meal enthusiasts, Spiced Pork Stew delivers a deeply flavored, slow-cooked comfort food.

Continuing with proteins, Spice-seared Lamb and Marinated Steak with Labneh present sophisticated dishes marrying rich spices with tender meats. Spiced Beef Pancakes encourage communal eating, perfect for a social setting.

Finally, the dessert or lighter side ends with Green & Black-eyed Bean Baklava, a savory version of the classic pastry, and Chargrilled Saffron Squid with Chilli & Charred Lemons, a dish reminiscent of Mediterranean summers. Firecracker Prawns ignite the taste buds with their fiery, fruity

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sauce. Vegetarian options like Chard, Ricotta & Runny Egg Pie, Grilled Pineapple & Potato Kari, and Red Kidney Bean & Sweet Potato Stew With Yogurt & Hot Mint Oil round off the diversity of this culinary collection, offering balanced, savory, and sweet dishes with complex layers of taste.

The chapter, rich with diverse ingredients and methods, invites culinary enthusiasts to explore global flavors, from the spicy and savory to citrusy and tangy, each dish a testament to the joy of cooking and a friendship with flavors.

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## Chapter 5 Summary: Cakes, bakes & sweet treats

The book consists of a collection of unique and inventive vegetarian recipes that blend traditional Middle Eastern flavors with contemporary twists. Each chapter focuses on a different dish, presenting intriguing combinations of ingredients to create delightful culinary experiences. Here's a summary of each chapter:

### 1. **Stuffed Dates with Torched Goats' Cheese, Pistachios & Honey** In

Middle Eastern culture, dates hold great significance, often enjoyed with savory components. This recipe pairs the creamy and mild goat cheese with dates, topped with a drizzle of honey and crunchy pistachios for a balanced sweet and savory treat.

2. **Barberry Fool:** A quick and easy dessert incorporating barberries, which are typically not used in Persian sweets due to their sour nature. This simple fool combines whipped cream and Greek yogurt with a barberry paste for a tangy twist, garnished with pistachios for added texture.

3. **Lime & Black Pepper Frozen Yogurt** A refreshing post-meal palette cleanser, this frozen yogurt unites tangy lime with the unexpected sharpness of black pepper, creating an invigorating dessert that surprises yet satisfies.

4. **Roasted Walnut & Tahini Ice Cream** This ice cream marries roasted

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walnuts with the rich, nutty flavors of tahini, resulting in a creamy dessert that's both indulgent and unique. Best enjoyed when freshly churned for its gooey texture.

**5. Apple, Poppy Seed & Lemon Loaf Cake:** Presenting a moist, fruity loaf cake that allows the use of leftover apples that may have lost their crunch. The integration of poppy seeds and the hint of lemon zest adds layers of flavor, making it perfect with custard or ice cream.

**6. Saffron & Sesame Shortbreads:** Inspired by Persian biscuits, this shortbread includes the unique flavors of saffron and sesame. The biscuits are buttery and crumbly, a match made in heaven with a sweetened cup of black tea.

**7. Pistachio, Lemon & Rosemary Cake:** Using richly green Persian pistachios, this cake offers a fragrant blend of lemon zest and rosemary. The finely ground almonds provide a gluten-free option, topped off with a lemon icing for a citrusy finish.

**8. Tahini, Almond & Orange Brownies** These gluten-free brownies feature an orange-flavored base intertwined with tahini and almond for depth, balanced by chocolate chunks for a rich, moist outcome.

**9. Blueberry, Pistachio & Coconut Cake:** A cake that combines chewy,

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nutty, and fruity elements, ideal for serving with tea. This recipe is friendly for sharing, perfect for social gatherings and impressing neighbors.

**10. White Chocolate, Raspberry & Pistachio Tiramisu:** Offering a twist on the traditional tiramisu, this recipe combines white chocolate and raspberries with pistachios for a nutty and creamy dessert, perfect for concluding a meal.

**11. Turmeric, Orange & Coconut Rice Pudding** This creamy rice pudding balances the aromatic nature of turmeric with orange-scented coconut milk, providing a unique, sweet dessert typically enjoyed as a snack.

**12. Cheddar & Za'atar Rolls:** Savory rolls incorporating cheesy goodness with za'atar, a Middle Eastern spice mix, creating versatile rolls perfect for sandwiches or as dinner accompaniments.

**13. Coriander & Feta Spiced Loaf:** A bread that incorporates fresh coriander and chunks of creamy feta, enhanced by coriander, and cumin seeds. It's a no-fuss bread recipe that results in a warm, flavorful loaf best served with salted butter.

Each recipe showcases the versatility of ingredients and showcases the author's creativity, blending Persian influence with a modern culinary perspective.

Chapter	Recipe	Description
1	Stuffed Dates with Torched Goats' Cheese, Pistachios & Honey	A balanced sweet and savory treat combining creamy goat cheese, dates, honey, and pistachios, reflective of Middle Eastern culture.
2	Barberry Fool	A tangy dessert using barberries in a whipped cream and Greek yogurt mixture, topped with pistachios for texture.
3	Lime & Black Pepper Frozen Yogurt	An invigorating dessert that combines tangy lime with black pepper for a refreshing palette cleanser.
4	Roasted Walnut & Tahini Ice Cream	A creamy, nutty dessert featuring roasted walnuts and tahini, best served freshly churned.
5	Apple, Poppy Seed & Lemon Loaf Cake	A fruity, moist loaf cake with poppy seeds and lemon zest, ideal with custard or ice cream.
6	Saffron & Sesame Shortbreads	Persian-inspired buttery biscuits with saffron and sesame, perfect with sweetened black tea.
7	Pistachio, Lemon & Rosemary Cake	A gluten-free cake with a blend of pistachios, lemon zest, and rosemary, topped with lemon icing.
8	Tahini, Almond & Orange Brownies	Gluten-free brownies with orange, tahini, almond, and chocolate chunks for a rich, moist treat.
9	Blueberry, Pistachio & Coconut Cake	Cake combining chewy, nutty, and fruity elements, perfect for tea gatherings.
10	White Chocolate, Raspberry & Pistachio Tiramisu	A twist on traditional tiramisu with white chocolate, raspberries, and pistachios for a creamy dessert.
11	Turmeric, Orange & Coconut Rice Pudding	A unique rice pudding balancing turmeric with orange-scented coconut milk.



Chapter	Recipe	Description
12	Cheddar & Za'atar Rolls	Savory rolls with cheesy goodness and za'atar spice, suited for sandwiches or dinner.
13	Coriander & Feta Spiced Loaf	Bread with fresh coriander, feta, and spices, ideal with salted butter.

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