



Silk Road Cooking: A Vegetarian Journey

By Najmieh Batmanglij

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Silk Road Cooking: A Vegetarian Journey By Najmieh Batmanglij

This book is at once an exploration, a celebration, and a little-known tale of unity. It presents 150 delicious vegetarian dishes that together trace a fascinating story of culinary linkage. As renowned cookbook writer and teacher Najmieh Batmanglij explains, all have their origins along the ancient network of trade routes known as the Silk Road, stretching from China in the east to the Mediterranean in the west. On this highway moved not just trade goods but also ideas, customs, tastes and such basics of life as cooking ingredients. The result was the connecting and enrichment of dozens of cuisines. In *Silk Road Cooking: A Vegetarian Journey*, Najmieh Batmanglij recounts that process and brings it into the modern kitchen in the form of recipes that are venturesome and yet within reach of any cook. They are intended for vegetarian, partial-vegetarian and non-vegetarian alike--anyone who is looking for balanced, unusual and exceptionally tasty dishes. The book offers a wealth of information derived from the author's extensive research and her travels along the Silk Road during the past 30 years. She complements the recipes with stories, pictures, histories of ingredients, and words of wisdom from her favorite poets and writers of the region. The scope of her culinary journey of discovery is vast--from Xian in China, to Samarkand in present-day Uzbekistan, to Isfahan in Iran, to Istanbul in Turkey, and to the westernmost terminus of the ancient trade routes in Italy. Her recipes all of them personal favorites include such exotic yet simple fare as Sichuan Crispy Cucumber Pickles; Afghan Boulani, a savory pastry stuffed with garlic chives; Persian Pomegranate and Walnut Salad; Kermani Pistachio and Saffron Polow with Rose Petals; Chinese Hot and Sour Tofu Noodle Soup; Turkish Almond and Rice Flour Pudding; Uzbek Candied Quince with Walnuts; and Sicilian Sour Cherry Crostata. Fortunately, all the ingredients for these recipes can be obtained at local supermarkets and farmers markets. In recent years America has become a kind of modern Silk Road, where wonderful ingredients from all over the world are available to everyone.

Contents Introduction: A Traveler's Tale; The Era of Caravans; New Foods East & West.

Toward a Silk Road Cuisine: Salads; Soups; Eggs; Rice; Fruit & Vegetable Braise; Pasta, Pizza & Bread; Pastries, Desserts & Candies; Teas, Coffee & Sherbets; Preserves, Pickles & Spices.

Silk Road Glossary & Resource;

Credits & Acknowledgments.

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Editorial Review

From Library Journal

Iranian-born Batmanglij, author of several other books on Persian food, has spent a good part of the last 25 years traveling the ancient "Silk Road," the spice and trade route from China through the Middle East to Italy. Because of economic realities, the fare native to those countries has been vegetable-based, so Batmanglij concentrates on that here, though her book will certainly appeal to nonvegetarians as well. She presents diverse and wide-ranging recipes, both familiar and exotic, from Alexandrian Spicy Fava Bean Spread to Afghan Garlic Chive Ravioli, among many others, set against a background of culinary and cultural history. More than 250 color photographs, including some great portraits of people whom Batmanglij met in her travels, furnish additional context. Strongly recommended.

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Review

"One of the ten best vegetarian cookbooks of the year" -- *The New York Times*

Batmanglij speaks with the confidence of someone who grew up with Silk Road cooking -- *The Washington Post*

Cooking [Batmanglij] says is all about sharing...She lives and works by this creed -- *Smithsonian Magazine*

Presents diverse and wide-ranging recipes both familiar and exotic. Set against a background of culinary and cultural history. Strongly recommended. --*Library Journal*

Like a good novel -- once you start it's hard to put down. It is ideal for those who like to read cookbooks as much as cook from them....The recipes also pack a punch...I felt a genuine thrill as I cut into the golden dome of phyllo encasing a filling of vermicelli and rice flecked with apricots, almonds and raisins and seasoned with cinnamon, cardamom and rose water. ---- *New York Times*

Offers armchair travelers and adventurers alike a delectable voyage of discovery into ancient eating habits and history...The recipes' fragrant mixtures of tastes and textures are tempting even to read...The pages are filled with discoveries that resonate in contemporary cooking, and enhance our understanding of cultural differences and similarities that bind us together by way of the food we eat. ---- Associated Press

From the Publisher

This is the second edition of the book with the stories translated directly from the original poem.

Users Review

From reader reviews:

Timothy Rowe:

Book is usually written, printed, or descriptive for everything. You can realize everything you want by a publication. Book has a different type. As you may know that book is important factor to bring us around the

world. Next to that you can your reading talent was fluently. A book Silk Road Cooking: A Vegetarian Journey will make you to always be smarter. You can feel far more confidence if you can know about almost everything. But some of you think this open or reading a book make you bored. It is not necessarily make you fun. Why they might be thought like that? Have you in search of best book or appropriate book with you?

Willie Collins:

The book untitled Silk Road Cooking: A Vegetarian Journey is the guide that recommended to you to learn. You can see the quality of the publication content that will be shown to you actually. The language that publisher use to explained their way of doing something is easily to understand. The copy writer was did a lot of investigation when write the book, hence the information that they share to you personally is absolutely accurate. You also might get the e-book of Silk Road Cooking: A Vegetarian Journey from the publisher to make you a lot more enjoy free time.

Carmen Helton:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that's look different you can read any book. It is really fun for you. If you enjoy the book that you just read you can spent all day long to reading a reserve. The book Silk Road Cooking: A Vegetarian Journey it is very good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can m0ore very easily to read this book from the smart phone. The price is not to fund but this book possesses high quality.

Dorothy Saunders:

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