



JOON

PERSIAN COOKING MADE SIMPLE

NAJMIEH BATMANGLIJ

*"Najmieh is the Goddess of Iranian cooking."
—YOTAM OTTOLENGHI, THE GUARDIAN*

75 Persian recipes made simple: many requiring only one pot and less than an hour to cook while keeping the authentic flavors of Iran. Includes many vegan and vegetarian options.

224 PAGES, 110 COLOR PHOTOS

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In *Joon*, master chef Najmieh Batmanglij distills one of the world's oldest and most influential cuisines to capture its unique flavors in recipes adapted to suit our busy lives. Najmieh's fans have been making meals from her *Food of Life* for more than 30 years. For *Joon* she has simplified 75 of her favorite dishes and shows how, with the right ingredients and a few basic tools and techniques, authentic Persian food can easily be prepared at home.

Joon means "life" in Persian. It can be used in multiple ways, from a term of endearment akin to "darling" after someone's name to showing great enthusiasm: "I love it!" The expression *nush-e joon*, literally "food of life," is similar to the French "*bon appétit*," a wish that a meal will be enjoyed.

The recipes in this book—each accompanied by a photograph of the finished dish—come straight from Najmieh's kitchen and include not only the classics of Persian cooking, but also some soon-to-be favorites, such as quinoa or kale cooked Persian-style. You'll discover delicious side dishes, from cooling, yogurt-based



salads and tasty dips and spreads, to more sustaining platters of grains, beans and fresh herbs; tasty "kukus"—frittata-style omelets filled with vegetables and herbs; spice-infused fish; mouth-watering meatballs and kababs served on flat breads with tangy sauces; every kind of rice—including the incomparable polow topped with various sweet and sour braises; not to mention, delightfully aromatic cakes and cookies to round off meals or enjoy as a snack in between.

Najmieh Batmanglij was born and raised in Iran. She came to America in the 1960s to study at university and would cook Persian food with fresh local produce using recipes sent by her mother in letters. Her housemates loved the food she made and encouraged her to cook all the more. Little did she know that the American food revolution had just begun. After 7 years, Najmieh received her master's degree in education and returned to Iran, where she started to seriously cook Persian food with her mother.

At the end of 1979, as the Iranian Revolution took a more fundamentalist turn, Najmieh and her husband fled to France, where their first son Zal was born.

It was in France that Najmieh decided to follow her passion for cooking professionally. With the help of her friends and neighbors, she wrote her first cookbook, *Ma Cuisine d'Iran*.

In 1983 she and her husband emigrated to America, where she gave birth to their second son, Rostam, and wrote her first book in English, *Food of Life*.

Her *Food of Life* was called "the definitive book on Iranian cooking" by the *Los Angeles Times*. Her *Silk Road Cooking* was selected as one of the

10 best vegetarian cookbooks of 2004 by *The New York Times*; and her book *From Persia to Napa: Wine at the Persian Table* won the Gourmand Cookbook Award for the best wine history book of 2007.

Najmieh is a member of Les Dames d'Escoffier and lives in Washington, DC, where she teaches Persian cooking.



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