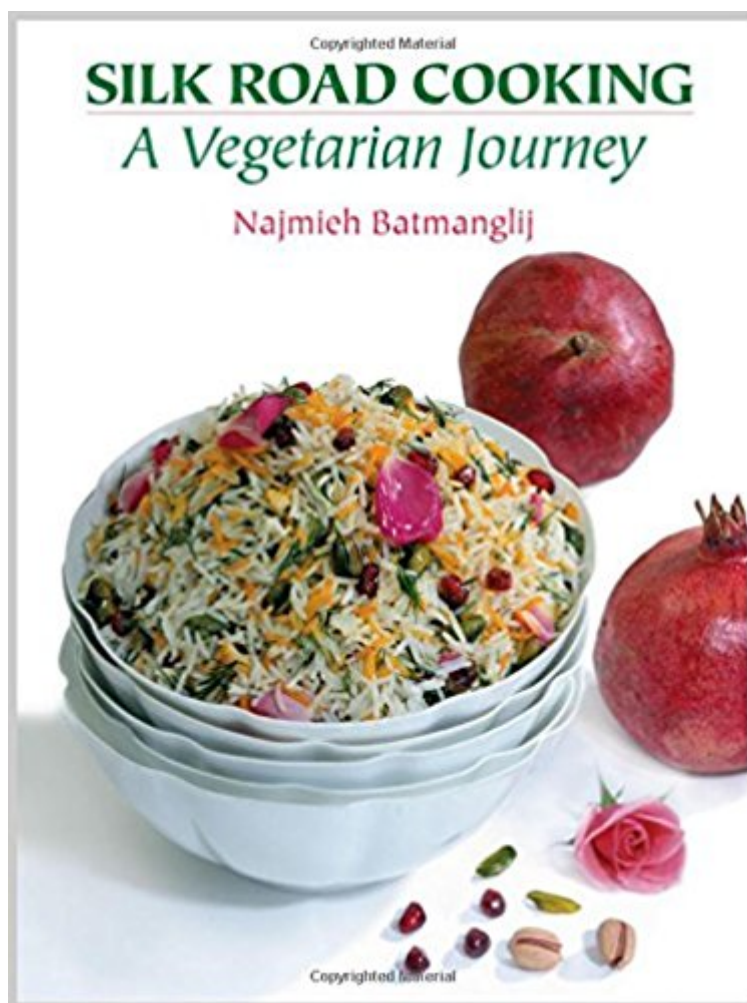


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Silk Road Cooking: A Vegetarian Journey



Synopsis

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. Index

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Customer Reviews

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. Copyright 2002 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"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 PostCooking [Batmanglij] says is all about sharing…She lives and works by this creed -- Smithsonian MagazinePresents diverse and wide-ranging recipes both familiar and exotic. Set against a background of culinary and cultural history. Strongly recommended. --Library JournalLike 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

This book is simply wonderful. The recipes are straight forward and easy to make. They also taste amazing. I have a huge collection of cookbooks, and this is my favorite book for Central Asian meals. I love Najmieh's approach to food. She is truly a food anthropologist, and her recipes show the extensive research that she has done for this book. I also have her Persian cookbook, and I love the vegetarian options for each recipe. If you are even thinking about buying this book, you should just get it. You will not be disappointed. I love to do theme dinners, and last year I had "Silk Road Party" with appetizers from China, soup and salad from Uzbekistan, main course from Persia and India, and dessert from Italy. It was just wonderful and my guests loved it. Thank you Najmieh for a great vegetarian cookbook.

I love this book. It has recipes from the whole Silk Road - Italy, Uzbekistan, Afghanistan, China, India... Much of that central Asian cuisine is not available in many places, so the flavors are novel and exciting. Also, many of these cuisines are often meaty, so the traditional veggie foods are an extra treat. Many recipes are quite easy and simple, but some are time consuming. Pleasant, unimposing side stories give some context. Easily a top 5 cookbook (out of 100+)

A fascinating book--not just the recipes, but the narrative and photos. I bought it for my daughter-in-law and liked it so much that I bought one for myself, too. I day-dreamed my way through the exotic countries. It made me want to visit them & sample the cuisine first-hand. Some of the ingredients are a little hard to get where I live, though.

This book is a historical & cultural food cuisine reference, as well as my favorite cookbook. I love everything in it, & I love the historical & cultural information about the infamous Silk Road. The pictures are gorgeous & the author's notes invaluable. I will be buying every one of her other cookbooks !

The recipes are great!

This is one of my favorite cookbooks. I'm not a vegetarian but I was living with one for a while. The variety of dishes are fantastic. Almost all of the recipes I've tried have been delicious and easy to

follow (not always easy to cook, mind you). I've actually bought 3 of these over the years and given them away as presents. I'm a big fan.

Right on time. Thank you! The description was a little off but that's ok.

Great photos, great recipes, great even if you are not vegan or vegetarian.

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