



## Saraban

By Greg Malouf, Lucy Malouf

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**Saraban** By Greg Malouf, Lucy Malouf

Following on from the success of their award-winning books, *Saha* and *Turquoise*, Greg and Lucy Malouf now explore one of the world's earliest and greatest empires: *Saraban* is an unforgettable journey through the culinary landscapes of ancient Persia and modern-day Iran. Persian cooking is one of the oldest and most sophisticated cuisines in the world and its influence has spread across India and the Middle East to North Africa and the Iberian Peninsula and even through Medieval Europe. It's a cuisine that is subtle, elegant and alluring, which rejoices in rice, uses fresh herbs in abundance and combines meat, fish, fruit and vegetables with exotic spices, such as saffron, cardamom and dried limes. In *Saraban*, Greg and Lucy discover a land where the rich diversity of climate, countryside, architecture and poetry provide a fitting background for an equal variety and richness of cuisine. Join them as they visit bustling bazaars and tiny soup kitchens, pick saffron before dawn and fish, in time-honoured tradition, from wooden dhows in the Persian Gulf. Then discover the joy of Persian cooking for yourself with the mouth-watering recipes that Greg has created for the home kitchen, as he mixes centuries of tradition with modern techniques and flavours for both the home cook and experienced chef.

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## Saraban By Greg Malouf, Lucy Malouf Bibliography

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### Editorial Review

#### Review

*"There is no doubt that this is a country and a culinary tradition bursting with possibilities. All that's needed now, is for someone to explore them and share them with the rest of us. Fortunately, Greg and Lucy Malouf have."* —Anthony Bourdain on Saha

*"A comprehensive overview of traditional dishes of the cuisine . . . sure to appeal to a wide audience."*  
—Publishers Weekly on Artichoke to Za'atar

*"Gorgeous photography makes this a coffee-table candidate, but the tour of these Middle Eastern countries, with the personal touch of this chef/writer team, will find you absorbing their words and recipes as well. You might even take this into the kitchen!"* —Chicago Tribune on Saha

*"Recipes for pros and novices alike."* —Bon Appetit on Artichoke to Za'atar

*"Filled with gorgeous photographs and interesting stories, [Saraban] also offers excellent recipes, both traditional and modern."* —Bois de Jasmine

#### About the Author

Widely acclaimed as the master of modern Middle Eastern cooking, Greg Malouf has been the head chef in London's Michelin starred Petersham Nurseries as well as owning a restaurant in Dubai. Lucy Malouf is a Melbourne-born food writer and editor. Together with her former husband, Greg Malouf, she is the co-author of six award-winning cookbooks.

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**Pamela Adair:**

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