

The Persian Kitchen Physician



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**The Art of Plant-Powered Persian Cuisine
For Total Body Seasonal Wellness**

Dr. Anahitta E. Jafari, PhD

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This information is not intended to diagnose, treat, cure, or prevent any disease.

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INTRODUCTION

The *Persian Kitchen Physician* is the first in a series of books sharing the knowledge of **Avicenna the Prince of Physicians**. My grandmother taught me the sum of his lifelong research. I voraciously studied some of **Avicenna's** original handwritten manuscripts at Oxford University Bodleian Library, along with many centuries-old books I have inherited, balanced by more modern-day manuals—all to better understand the applications.

My experience of teaching many courses on the subject has been instrumental in making it easier to understand and benefit from his lessons in our modern times. “Kitchen Physician” was one of the titles given to **Avicenna** because of the systems he created to teach his patients how to use elements (food, water, air, earth, sun, moon, stones (minerals), metals, plants, aromas, colors, and emotions) to prevent sickness, and/or return a person to health with a guide for maintaining optimal health.

In this book, you will discover the rich history of how **Avicenna** and **Traditional Persian Medicine** have been pillars in founding modern medicine as we know it today. We will explore the philosophy behind this powerful healing lifestyle and appreciate that today's modern researchers are proving the effectiveness of herbal remedies in treating a wide range of illnesses and conditions.

You will be given an understanding of all the elements and how to use them to maintain health and longevity. I'll introduce you to temperaments and the importance of using and cooking seasonal foods to find complete balance with nature—and within yourself.

We will dive into the benefits of Persian herbs and foods and what to bring into your kitchen.

You'll learn how to care for a human being—from conception, during gestation and lactation, from infancy all the way to and through adulthood.

Enjoy the many ways food can delight, inspire, nurture, and heal one's body, mind, and soul. May this book bless you with the treasure of knowledge. My wish for you is to pass this knowledge along to your family, as it was passed down to ours over centuries.

Noosh-e jan! Bon appetit in Persian!



CHAPTER 1

History of Persian Medicine



The Origins and Development of *Traditional Persian Medicine*

ANCIENT PERSIA

When viewed from the perspective of medical history, Traditional Persian Medicine or TPM refers to that system of medicine that developed in the late tenth and early eleventh century from the accumulations of all prior centuries' knowledge and fine-tuned by famous physician *Hakim Ibn Sina*, called *Avicenna (Prince of Medicine)* in the West.



Scholars are in general agreement that the origins of medicine are lost in the mists of time. Anthropologists have discovered references to codified medical practice as far back as 10,000 B.C.

The oldest Traditional Persian manuscript was discovered by Adolf Farahan in 1910 and has three copies. He found the first one in Fatch Library, Istanbul, Turkey dated 1128 CE. The second and oldest copy is located in the Bodleian Library of Oxford (Ms.No.37), and the third is in the Malek Library in Tehran, Iran.

Treatment by herbs is one of the oldest forms of therapy, with reference to applying herbs found in the Chinese text *Pen Tsao* (3000 B.C.). The Egyptian medical papyrus discovered by Georg Moritz Ebers dates from 1550 B.C. and reveals startlingly learned treatises on a wide variety of complex medical treatments.

It is probably fair to assume that ever since the first pain or discomfort was felt by humans, efforts have been made to alleviate human suffering.

Religious scholars suggest that Adam's first son was inspired by the medicinal powers of herbs and was a healer.

The Sufis claim that Hazrat Solomon was the first to record the healing properties of plants when a succession of hundreds of flowers and plants miraculously appeared before him while he prayed—and told him of their healing properties.

From the time of Zarathustra, Persians believed medicine was an integral part of spiritual practice, using plants and flowers for physical and spiritual healing. Zoroastrians also practiced hydrotherapy, personal hygiene, and keeping their minds, bodies, and environments pure. The search for knowledge and truth and the dissemination of science and information to everyone was valued and encouraged. Health and sanitation were important and any intoxicants or substances that would affect mental capacity were avoided. Spiritual excellence, health, and mental wellness or serenity were practiced to reach spiritual enlightenment.

WOMEN OF PERSIA



The Warmth of Love, Persian miniature painting, reproduction of original painting by master Farshebian.

Persian women held a prominent place in Persian society. They were empowered to lead as rulers, merchants, physicians, lawyers, artisans, priestesses, and soldiers. Women pursued success, shattered conventions, were praised for their accomplishments, and were regarded as equal to men. Nothing held them back. Their courage and determination smashed stereotypes. They benefited from special privileges when they became mothers and paved the way for a legacy of feminine empowerment.

“Women stand strong and resolute like mountains. They lead with wisdom and grace surpassing even the most skilled commanders. We hold them in high regard as they exemplify the ultimate leadership among us. When a child shows grace and excellence they are treasured, regardless of their gender. Be it a boy or a girl.”

-Ferdowsi, 940-1025 CE, celebrated Persian poet and author of *Shahnameh (The Book of Kings)*. One of the world’s longest epic poems created by a single poet, he is remembered as one of the greatest poets in the history of literature.

CHAPTER 2

Science & Persian Medicine



Those nursing should eat wholesome food, get plenty of rest, have a moderate exercise regimen, and avoid excessive physical activity or work. If there is no contraindication, it is encouraged to drink freshly extracted juices, an abundance of high-quality water, and sleep often — taking naps when the baby does.

Avoid watercress, mustard, and wild basil, as they are detrimental to lactation.



Weaning:

Two years is a normal period of nursing. When the baby is teething and incisors begin to erupt (typically age seven months into the beginning of month eight), begin gradually supplementing the baby's food with fresh organic, daily-purèed foods that are easy to chew.

Wet Nurse:

When breastfeeding is unachievable for any reason (health, milk quality, comfort), hire a wet nurse. It is best for them to be at the height of their health, which is generally in youth, between age 25-35. It is also best to choose a wet nurse of good moral character and good disposition so that your baby is in the safest possible care.

The quality of the milk is extremely important, nutrition and lifestyle should be carefully considered to ensure the highest quality of milk. It's preferable if the wet nurse's own baby is around the same age— not under one or two months old, and not at the weaning age.

Breast milk should be consistent in color—white rather than dark, and never greenish, yellowish, or reddish in color. It should have a pleasant odor and not smell pungent or strong. It should taste sweet and not bitter, salty, or sour. It should have a homogeneous consistency; not too watery or dense, cheesy or frothy.

As mentioned in breastfeeding, wet nurse should exercise moderately and have a wholesome diet



including organic whole grains, porridge, lettuce, almonds, hazelnuts, aromatic fresh herbs, and raw organic nuts and seeds, preferably sprouted before consumption.

Breastfeeding mothers should abstain from sexual intercourse during the nursing period (at least 90 days from the time of birth). Intercourse activates menstrual blood, reduces milk quantity, and makes it foul. It may also lead to new pregnancy which would be detrimental to both the baby at the breast and the fetus in the womb. The breastfed baby suffers because the mother's blood gets diverted toward the fetus, and the fetus suffers from a lack of nutrition because nutrients are shared in breast milk.



Sleeping Nursery:

A newborn's head should be kept slightly elevated while sleeping. Take care and avoid twisting the body. The nursery should be warm, airy, dark, and shady, as opposed to bright and shiny.

CHAPTER 3

Persian Herbal Oils



PERSIANS ROSES

- Persian: **Gole Sorkh** Latin: *Rosa damascena*

Persians have a love affair with roses. It is the national flower of Iran and the most popular flower in the world. They were cultivated extensively in ancient Persia. A symbol of perfection, beauty, and elegance, the flower of love represents romance and is a popular aphrodisiac with a captivating, and exquisite smell.



Rose petals can be added to garnish dishes or eaten for taste to uplift one's spirit or add a delightful visual to food. Dried flowers can be used in teas



Rose essential oil is distilled from flowers and used in herbal medicine, cooking, beauty products, and ceremonies. Concentration, types of rose, and method of distillation all affect the product. A good quality rose oil can be very expensive and is well worth the price.

Rose water is made with 10-50 percent rose oil and is sometimes made via steam distillation depending on the brand.



Rosehip seed is the part of the flower containing the seeds located underneath the petals. Fresh or dried, they are used in medicinal and culinary recipes. Find them in delicious teas, desserts, jellies, and jams.

Rosehip seed oil is an extract of the seedpod, also known as rose haw, or rose hep.

Rose oil is an essential oil, while Rosehip seed oil is a carrier oil.

Rose oil water has been prescribed in TPM for sexual dysfunction, to enhance the senses and activate libido. It is also recommended for digestive issues like constipation, bloating, stomach aches, and as a digestive health support. Additionally, it works well on arthritis, headaches, sore throats, and eye health

Scientific research confirmed that it can help relax the central nervous system. TPM recommends it for a wide range of mental health conditions like stress, depression, grief, anxiety, PMS, menopausal symptoms, and fatigue. ⁽¹⁵⁾

Studies have shown that rose water demonstrated amyloid inhibiting properties that can affect brain function and help manage conditions like dementia and Alzheimer's disease

Scientific research confirmed that it can help relax the central nervous system. TPM recommends it for a wide range of mental health conditions like stress, depression, grief, anxiety, PMS, menopausal symptoms, and fatigue.



CHAPTER 4

Persian View of Health



CONCEPTS IN TRADITIONAL PERSIAN MEDICINE (TPM) SYSTEM

The TPM system is divided into two parts:

Theory (theoretical medicine)

Practice (medical practice)

There are three parts to the Theory of TPM:

- 1) **Theory of Naturals** which establishes the standards of the human body, from which disease states are deduced by the deviation from these norms.
- 2) **Theory of Causes** which identifies and explains the reasons for the deviations from the norms so that they may be corrected.
- 3) **Theory of Signs** which presents the main diagnostic features for identifying the specific deviation that is causing the imbalance (disease).



1) THEORY OF NATURALS

There are seven components of the Naturals:

- 1) Elements
- 2) Temperaments
- 3) Humors
- 4) Organs
- 5) Forces
- 6) Actions
- 7) Spirits

By understanding each of these components of the 'naturals', we can begin to appreciate the viewpoint through which TPM evaluates human health and wellness.



NATURALS #1: THE FOUR ELEMENTS

The essence of matter is to be found in the Four Primary Elements:

Fire (light)

Air (light)

Water (heavy)

Earth (heavy)

In terms of qualities, the HEAVY elements are strong, negative, passive, and female.

The LIGHT elements are weak, positive, active, heavenly, and male.

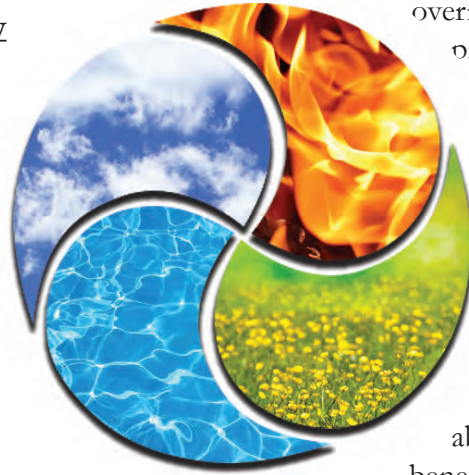
Earth is an element usually situated at the **center of our existence**. In its nature, it is at rest, and because of its inherent weight, all other elements gravitate toward it, however far away they may be.

It is **cold** and **dry** in nature, and appears this way to sight and touch, so long as it is not changed by any other elements. It is by means of the earth element that the parts of our bodies are fixed and held in place; thus, the outward form of the body is due to the earth element.

Water is a simple substance that, due to its relative density, is positioned exterior to the sphere of the earth and interior to that of air.

The water is **cold** and **moist** in temperament, although only slightly. Water is easily dispersed and assumes any shape without permanency.

In the construction of “things,” the addition of water allows the possibility of their being shaped, molded, and spread out. Shapes can readily be made from it, and just as easily dispersed.



Moisture dispels dryness, the latter being overruled by the former. Moisture protects dryness from crumbling (as moist earth, or mud), and likewise, dryness prevents moisture from dispersing. Thus, the two elements of earth and water are interacting and interdependent. **Water is**, of course, absolutely **essential to life**.

Air is positioned in nature above both **water** and **earth**, but beneath **fire**.

The temperament of **air** is **hot** and **moist**, and its purpose in nature is to make things finer, lighter, softer, and more delicate, and thus more able to ascend into higher spheres.

Air is also the agent by which **breath moves in and out of the body** and causes or makes possible the involuntary movements of the body.

Fire is also a simple substance, situated higher than the other three elements. **Fire** is **hot** and **dry** in temperament, and its role in nature is to rarefy, refine, and intermingle things.

Fire has the power to penetrate and can travel through the element of air. It has the capacity to overcome the coldness of the two cold elements: earth and water. Therefore, it **creates and maintains harmony** among the elements.

Each of the elements has a corresponding humor, or essence, in the body:

AIR relates to Blood humor

WATER relates to Phlegm humor

FIRE relates to Yellow bile humor

EARTH relates to Black bile humor

KIDNEY DETOXIFICATION

When we detox our kidneys, we also detox our bladder and the whole renal system.

Sea Vegetable

Kelp

Dulse

Fenugreek

Nori

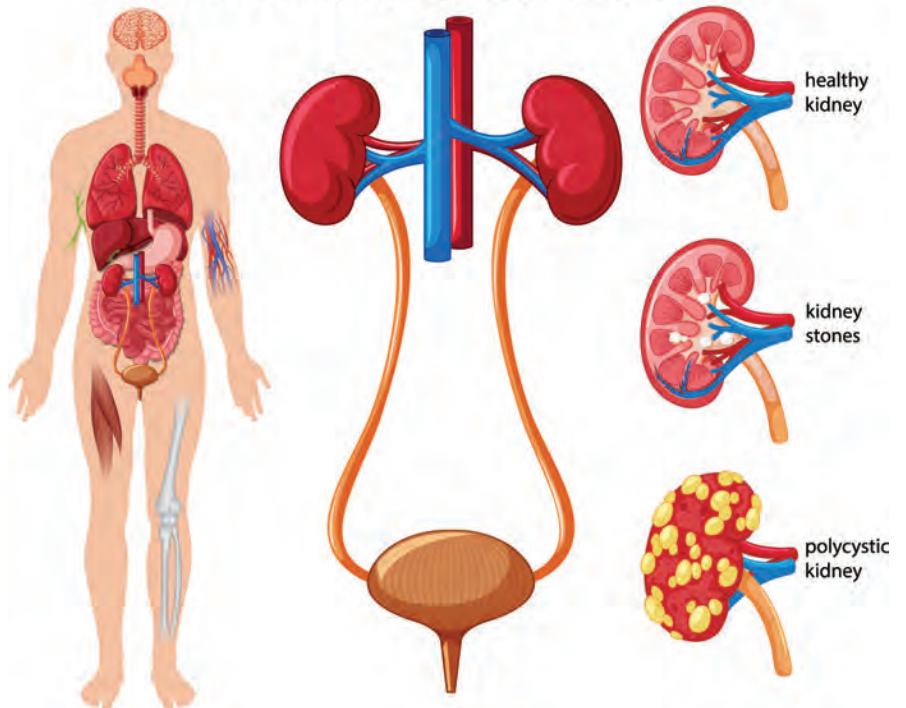
Shiitake Mushroom

Grape

Cranberry

Barberry

Human Kidney Health Conditions



CHAPTER 5

Persian Herbs & Foods



❧ PERSIANS HERBS & SPICES ❧

Persians have a love affair with fresh herbs. They are included in every meal no matter the occasion. Known as *Sabzi*, from the Persian word *sabz*, meaning green, fresh herbs can be compared to the greens we call, “leafy vegetables” in salads. *Sabzi Khordan* is the plate of fresh herbs that accompanies every meal, and means ‘to eat greens or herbs’. Every platter of *Sabzi Khordan* has aromatic herbs of mint, parsley, onion, chives, basil, tarragon, shahi (Persian arugula with very thin leaves, longer than the Italian arugula—a blood-building powerhouse), scallion with green stems, and red radishes with the leaves (intestinal cleanser).



Sabzi Khordan created by Dr. Anabitta Jafari: mint, parsley, radish (cut as roses), young Persian leek leaves, basil, green onions (optional), and tarragon, served with Miso Tahini Cheese (see Chapter 7: Winter Recipe). *Sabzi Khordan* is great for any season as long as the ingredients are in season in your geographical area.

Green is also associated with the Persian New Year which coincides with the spring equinox (arrival of spring). A traditional dish served to celebrate the occasion is *Sabzi Pollo Ba Mahi* or herb rice with fish and *Kooko Sabzi* (Persian Herb Soufflé in Chapter 8: More Recipes).

For the highest nutritional value and greatest taste, herbs are always eaten fresh as a salad or side dish, but dried herbs are used in cooking when fresh are out of season or unavailable.

❧ PERSIAN SUPER FOODS ❧



GRAINS

Amaranth

Rediscovered in South Africa, amaranth is higher in protein quality than almost all other grains. It contains all the essential amino acids, especially lysine, which is lacking in many common grains. Use as cereal, or include whole grain amaranth in slow-cooking soups, stews, and casseroles.



Buckwheat

Buckwheat kernels (known as kasha), when roasted, are a uniquely flavored groat. They are often used in fine Jewish dishes such as blintzes and knishes. Favored by many in making pilaf or enjoyed as hot cereal. Buckwheat is a crop of Russia and the Balkans. It is high in potassium and phosphorus and contains 50% more vitamin B than wheat. Also, one of the highest sources of protein in the plant kingdom.



Low in calories, and very high in nutrients, buckwheat is a gluten-free superfood, high in the mineral Rutin, which assists the vascular system against oxidative vascular damage. Can assist in lowering blood pressure and blood sugar. Great for diabetics and individuals with liver and blood conditions.

We enjoy it dry-roasted and cooked with green cabbage, lots of red onions, garlic, and carrots in the late fall and winter. Great for the eyes and body circulation.

❧ NUTRIENT RICH FOODS ❧

Foods High in Calcium and Magnesium

Most leafy greens and green vegetables such as:

- Broccoli
- Chard
- Collard Green
- Dandelion
- Green Cabbage
- Kale
- Mustard Green
- Nut Milks
- Parsley
- Sesame Seeds
- Spinach



Foods High in Potassium

- Cauliflower
- Potatoes - Purple
- Red
- Radish - Black
- Daikon
- Red



Foods High in Polyphenols

- Bilberries
- Blackberries
- Blueberries
- Cranberries
- Raspberries
- Red Cabbage



CHAPTER 6

Cookware for Best Health



Spring



SPRING HERBS & SPICE



Basil



Borage



Cardamom*



Chives



Cumin



Cilantro



Dill



Fennel



Lovage



Lemon Balm



Marjoram



Mint



Parsley



Saffron*



Tarragon



Thyme

These herbs & spices are also good in early summer.

** Great throughout all seasons.*

Heart Smart Greens

SALAD INGREDIENTS

- 1 cup shredded red cabbage
- 1 cup raw spinach, washed and rinsed
- 1 cup Swiss chard
- 1 cup dandelion greens
- 1 cup onion sliced into rings
- 1 cup green beans, cleaned, ends cut

DRESSING INGREDIENTS

- ½ cup fresh lemon or lime juice
- ½ cup raw tahini
- 1 ½ cups warm water
- 1 teaspoon turmeric
- 1 tablespoon mixed Italian herbs
- ½ teaspoon ground sage
- 1 teaspoon organic unbleached non-iodized salt as desired
- 1 teaspoon black sesame seeds

INSTRUCTIONS

- Combine all dressing ingredients in a blender until creamy.
- Steam all vegetables for 2 minutes.
- Place on serving dish and pour some of the dressing over the vegetables, sprinkle with sesame seeds.



Summer



Traditional Persian Medicine recommends hot or warm drinks for people with digestive disorders, even in summer, as they can assist in balancing our energy in the stomach. Ideally, the tea is drunk around the same temperature or slightly warmer than the body temperature. Even healthy people should not drink icy cold foods and drinks, especially on an empty stomach.

“Cold” (*Sa’rrd*) foods can help you get through the long, hot, damp summer. Too much hot (*Ga’rrm*) energy within makes people feel irritable as well as hot.

Green beans, watermelon, cucumbers, and asparagus (among many other foods) can help release excessive internal heat while barley soup, white melon (*Kbar Bozkeh*), celery, and fenugreek leaves or (*Shanbeh Lileh*) are effective in dispelling dampness.

My grandmom had a special formula for delicious Summer Molasses (*Serkeh Shereh*) that we still enjoy. I included it in the Summer Recipes for your enjoyment!



☞ SUMMER FOODS ☞

This is the most stable of all the 4 elements that represent life and has a characteristic yellow color. It also represents the Spleen and Stomach areas of the human body. The food items associated with this element are considered to be of sweet flavor. Earth represents the season which starts from mid-August and lasts until fall.

In the late summer season, most humans may experience a shift in their energy production, from extensive summer heat to the medium and rather cooler form of fall. The days remain hot during this time, and the evenings become cooler. We experience an early sunset. The harvest also begins to get ripe during this time.

The food list in this section can help in enhancing the Earth Element, getting proper nutrition, and attaining maximum healing:

1. **Fruits & Vegetables:** apricots, carrots, eggplant, sweet grapes, sweet apples, mango, papaya, mangosteen, melons, figs, cantaloupe, watermelons, yellow squash, berries (in most climates with the exception of coastal areas like Florida or the Persian Gulf, where most berries grow in the winter)
2. **Nuts:** fresh walnuts (amazing taste, texture and nutrients, my grandmoms use to have us eat them in the summer with salt, it is a part of summer cuisine in Iran) sesame seeds, pecans, sunflower seeds
3. **Grains:** millets, quinoa, organic basmati rice, short grain brown rice
4. **Beans and Legumes:** yellow split peas, black-eyed peas, yellow split mung beans
5. **Sweeteners:** molasses, brown rice syrup, maple, agave

NIGHTSHADES

Eggplant, potatoes, tomatoes, and peppers (sweet, hot, cayenne, paprika, pimentos, Tabasco sauce, etc.) are classified as nightshade foods. They contain different types of alkaloid compounds that can affect physiological changes in the body like digestion, joint, and nerve-muscle function. Considered an inflammatory food, highly sensitive people may want to avoid them, especially if they suffer from osteoarthritis, rheumatoid arthritis, or gout.

They are famous in the pharmaceutical industry as their compounds are used in certain popular drugs for pain management and more.

People with candidiasis, skin issues, or infections should not be eating nightshades.



Eggplant



Potatoes



Peppers



Tomatoes



Cayenne & Tabasco Sauce

WATERMELON

Watermelon is a wonderful fruit to help you stay hydrated through the summer heat. Rich in the amino acid named **citrulline** which supports healthy blood pressure and is packed with nutrients like vitamins A, C, magnesium, iron, healthy fats, and zinc. Vitamin A supports eye health, and vitamin C supports the immune system—helping to fight germs and infections, and helps your body produce collagen supporting skin health.



A low-calorie picnic favorite, it has an impressive amount of potassium, an essential mineral that supports the nervous and muscular systems. With antioxidants like lycopene and cucurbitacin (many properties such as antioxidants, antimicrobial, anti-inflammatory, anticancer, and antidiabetic), watermelon is another wonderful food that helps protect and nourish. They are also rich in B vitamins, Calcium, Zinc, Iron, Manganese, Selenium, Magnesium, and other nutrients.

The citrulline in watermelon helps improve blood flow and muscle function, and removes ammonia from your body, helping to relieve muscle soreness. Improving blood flow may also have other interesting benefits like heart health and sexual health.

The polyphenol plant compounds support the digestive system and with its low carb and low glycemic index, it is a great food that won't cause a spike in blood sugar.

With its concentration of B-vitamins, watermelon can give you substantial energy and support you as you breeze through your summer activities. Try our yummy Watermelon Cooler!

Grandma's Healing Summer Drink (Digestive Tonic)

INGREDIENTS

3 to 5 lbs. of pink apples juiced, or 1 gallon of organic unfiltered apple juice
1 cup fresh lime juice
6 tablespoons rosewater (not rose essence with water please)
½ cup chia seeds, soaked in 1 cup water for 6 or more hours

INSTRUCTIONS

- Mix all ingredients in a glass jug and serve garnished with fresh mint leaves and lime twists.
- This drink hydrates the digestive system, lowers summer heat, and moves toxins from the intestinal tract.

As a little girl, every time I saw my grandmom walk into the kitchen with chia seeds and apples, I knew my favorite drink was about to be prepared.



Persian Salad (Shirazi Salad)

INGREDIENTS

2 large onions, peeled, washed, chopped into small pieces
4 yellow and orange tomatoes, chopped into small pieces
6 organic Persian cucumbers, washed, ends cut, chopped into small pieces
2 bunches of fresh mint, finely chopped or 4 tablespoons of dried mint
½ cup fresh lime or lemon juice
1 teaspoon organic unbleached non-iodized salt
6 tablespoons organic extra-virgin, cold-pressed, first-pressed, olive oil

INSTRUCTIONS

- Remove mint leaves from stems and soak in water for 15 minutes, rinse and chop fine.
- In a glass bowl mix all ingredients together.
- Cover and refrigerate at least for one hour or longer before serving.
- Stir, cover, and refrigerate.



Pineapple Coconut Antioxidant Shake

INGREDIENTS

1 pineapple, cored and chopped
½ the meat of a fresh small coconut, chopped
½ cup fresh lime juice
1 cup organic coconut milk (in glass bottle)
1 cup fresh blackberries
Mint leaves to garnish

INSTRUCTIONS

- Place chopped coconut and lime juice in a food processor, and process until very smooth, like a paste.
- Blend pineapple chunks, coconut paste, coconut milk, and ½ cup of blackberries together to the consistency of a thick shake.
- Pour the mixture in glasses ½ full, drop 1 to 2 blackberries in, then pour the rest on top.
- Garnish with a blackberry and mint leaves.



Fall



Carob Pumpkin Mousse

INGREDIENTS

4 cups baked butternut squash
2 cups organic vegan chocolate chips, melted
1 lemon, juiced
1 lemon, zested
1 tablespoon pumpkin pie spice
4 tablespoons ground pistachios

INSTRUCTIONS

- In a food processor, blend all ingredients together until silky.
- If using as mousse: spoon into serving cups, sprinkle with ground pistachios, and garnish with lemon zest. Refrigerate for 2 hours or longer.
- If used as pie filling: spoon into pie crust and bake for 15 minutes at 325°F. Refrigerate overnight for better taste and consistency, sprinkle with pistachios, garnish with lemon zest, serve.
- If desired, arrange gluten-free ginger snaps on the side, bottom, or top corners of the individual mousse serving dishes.
- Garnish with mint or geranium-rose leaves.



Grandmother's Pickled Radish Salad (Salad Torobcheh)

SALAD INGREDIENTS

- 1 bunch small organic red radishes, sliced very thin
- ½ cup organic currents, rinsed and patted dry
- ½ cup chopped organic walnuts, soaked at least for eight hours, then rinsed
- ½ cup fresh mint, diced (or 2 tablespoons dried mint)
- ½ cup organic unfiltered apple cider vinegar
- 1 teaspoon (or to taste) organic unbleached non-iodized salt
- ¼ teaspoon black pepper

INSTRUCTIONS

- In medium glass bowl, combine all ingredients, cover, refrigerate for two days.
- With a wooden spoon, mix thoroughly. Serve as a side dish or on top of baby greens.

My grandmother and great-grandmom used to make rice pilaf with sautéed onion, turmeric, dried white broad beans, and basmati rice, and topped it with this relish.



Winter



Persian Winter Cake

INGREDIENTS

- 4 cups organic spelt, einkorn or millet flour (gluten-free)
- 1 organic orange, zested
- 2 teaspoons cardamom seeds, ground
- 4 tablespoons rosewater
- 1 teaspoon ground saffron
- 1 tablespoon organic apple cider vinegar
- 1 cup currants
- 1 cup organic apple sauce
- 1 cup organic brown rice syrup
- ½ teaspoon organic unbleached non-iodized salt
- 2 teaspoons baking powder, aluminum-free
- 1 cup chopped dry roasted pistachio (half mixed in cake batter, other half ground up, and sprinkled on cake before serving)
- 1 cup nut milk

INSTRUCTIONS

- Preheat oven to 375 °F (191°C) .
- In a stainless steel mixing bowl, combine all dry ingredients.
- In a blender, blend all wet ingredients including apple sauce.
- Slowly add blender content to the dry ingredients and mix gently until moist, so that no lumps appear.
- If baking as a cake, line a cake pan with unbleached parchment paper and rub with coconut oil. Pour mixture into pan, bake 20 to 25 minutes or until spongy.
- If baking as muffins, line a muffin pan with unbleached liners, spoon mixture into the muffin liners until ¾ full, and bake 20 to 25 minutes or until spongy.

Serve with **Parsi Herb's Persian Green Rose**, or **Crimson Zing Tea**.



CHAPTER 8

More Recipes for your Enjoyment



Chilled Persian Cucumber Herb Soup (Abb Dough Khiyar)

LATE SPRING AND SUMMER

INGREDIENTS

- 1 cup organic sprouted walnuts, roughly chopped
- 1 cup organic currants, rinsed thoroughly
- 1 cup organic Persian cucumbers, grated with the skin
- ½ cup organic fresh basil, diced
- ½ cup organic fresh tarragon, diced
- ½ cup organic fresh mint leaves, diced
- ½ cup organic fresh scallions, diced (greens stems included)
- 1 cup gluten-free whole grain crackers, cut into small pieces
- ½ cup organic raw tahini
- ½ block organic sprouted firm fava bean tofu, puréed
- 2 tablespoons fresh organic shallots, chopped
- 1 to 1½ cups of drinking water
- 1 teaspoon of organic unbleached non-iodized salt
- ½ teaspoon black pepper or to taste

INSTRUCTIONS

- In a blender, mix tahini, tofu, shallots, half the water, salt, and pepper. Blend until creamy and smooth. If needed add the rest of the water a little at a time.
- Pour into a glass or porcelain bowl and add all ingredients except crackers. Mix thoroughly using a wooden spoon. Cover and refrigerate for at least 4 hours or overnight. Sprinkle the top in each individual serving bowl with crackers, right before serving.
- Don't forget to garnish with herbs, walnut pieces, currents, or dried organic rose buds.

“The more fragrant and appealing to the eyes, the faster our digestive juices start flowing for better digestion,” said my grandmom.



Digestive Tonic Appetizer (Faloodeh Seieb)

GREAT FOR ALL SEASONS EXCEPT WINTER.

INGREDIENTS

4 cups apples, puréed with skin
2 tablespoons chia seeds (soaked overnight in ½ cup of rosewater in refrigerator)
½ cup rosewater
4 tablespoons fresh lime or lemon juice

INSTRUCTIONS

- Place the shredded apples in blender with rose water and lime or lemon juice. Blend until puréed.
- Pour into a glass pitcher and add the chia seed mixture you soaked overnight, blend well.
- Chill in refrigerator 1 to 2 hours.
- Garnish with fresh mint.



- In a small pan, add 3 tablespoons vegan butter and all the zereshk (Persian barberries), stir well to make sure the butter covers all berries. Cover, steam on low heat 5 minutes or less, stirring every few minutes. Take off heat, set aside.
- Remove your lentil rice (or rice and quinoa blend) from heat.
- With a slotted spatula, take the saffroned rice gently out and place on a plate.
- Fluff up mixture, place on a platter, garnish the top with the saffroned mixture and zereshk.
- Enjoy with a traditional Shirazi Salad (See *Chapter 7: Living with The Seasons, Spring Recipes*) or a platter of fresh Sabzi (See *Chapter 5: Persian Herbs & Foods.*)
- Serves 4 to 6.



CHAPTER 9

Nutritious Recipe Substitutes



According to Ancient Persian Tradition and Modern science, herbal supplementation can be a powerful addition to your diet to help promote optimal health. Dr. Anahitta Jafari, PhD, is the Founder and Director of Parsi Herbs in Deerfield Beach, Florida, and owner of Kitchen Physician School of Natural Healing Arts and Sciences. She has formulated and perfected hundreds of herbal formulas based on years of research and **Avicenna's** *Canon* recommendations. Dr. Jafari has poured her knowledge into a remarkable health and beauty product line which includes dietary supplements, food, and personal care products.



We create supplements to nourish you wholeheartedly.

Our clients obtain beautiful health benefits from a 6th generation Traditional Persian Herbalist who has over 20 years of manufacturing experience on how to supplement your diet with high-integrity products. Ingredients are sustainably sourced, and products are made in the USA inside Good Manufacturing Practice (GMP) certified labs. We're blessed to say that over several decades we've continued to achieve our goal—to educate and create awareness of optimal internal and external health.

Thank you for caring about your health and our planet.

PARSI HERBS' SIGNATURE LINE



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Traditional Persian Herbalist 



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The Persian Kitchen Physician

Presenting the lifelong work and compilation of family recipes, nutrition, and health information learned and practiced by Dr. Anahitta Jafari, PhD. As a 6th generation traditional Persian herbalist, and lifelong practitioner and student of Avicenna's philosophy—the father of early modern medicine and author of *The Canon of Medicine*—Dr. Jafari fills readers with her warm wisdom while sharing the countless health benefits she has learned, practiced and perfected as a researcher and teacher of Traditional Persian Medicine.

Embark on a culinary journey and discover secrets from ancient times for your modern kitchen. Radiant health starts with a healthy lifestyle—what better way than to indulge in these yummy-licious and nutritious meals! Learn how to maximize nutrition for optimal health benefits through seasonal eating that energizes your lifeforce!

“Although the light of Avicenna’s life has left this planet, his essence and the legacy of his teachings will last forever.”

-Dr. Anahitta E. Jafari, PhD

Dr. Jafari, PhD, is a 6th-generation traditional Persian herbalist, researcher, and teacher of Traditional Persian Medicine (TPM), and is the Founder and Director of Parsi Herbs in Deerfield Beach, Florida. She has formulated and perfected hundreds of herbal formulas in alignment with TPM and modern research. Dr. Jafari is a world-renowned television and radio personality on TPM health and spirituality and is the owner of Kitchen Physician School of Natural Healing Arts and Sciences. Also known as “The Persian Kitchen Physician,” she co-authored *Stealing A Woman’s Treasure*. She loves to share Persian kitchen secrets that inspire vibrant health and is passionate about helping others realize their full potential.



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