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My Bombay Kitchen: Traditional and Modern Parsi Home Cooking

Niloufer Ichaporia King

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The Persians of antiquity were renowned for their lavish cuisine and their never-ceasing fascination with the exotic. These traits still find expression in the cooking of India's rapidly dwindling Parsi population—descendants of Zoroastrians who fled Persia after the Sassanian empire fell to the invading Arabs. The first book published in the United States on Parsi food written by a Parsi, this beautiful volume includes 165 recipes and makes one of India's most remarkable regional cuisines accessible to Westerners. In an intimate narrative rich with personal experience, the author leads readers into a world of new ideas, tastes, ingredients, and techniques, with a range of easy and seductive menus that will reassure neophytes and challenge explorers.

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