

## Eye Surgeon Prescribes Food for Thought



TEHRAN -- Meet Mahmoud Eslami, a renowned eye surgeon and a passionate advocate for education and social development.

Dr. Eslami has been working at Alavi Zanjaniha Charity Clinic in Tehran, providing essential medical care to patients in need.

However, his contributions to the community go beyond healing the sick.

Dr. Eslami firmly believes that education is the key to progress and that everyone should have access to books and other sources of

knowledge.

To this end, he has established a unique library with many books in the clinic's designated room. The best part? Borrowing a book from Dr. Eslami's library is entirely free and requires no identification card or deposit.

Dr. Eslami's commitment to his work and his dedication to promoting education earned him a place in a collection of inspiring stories about people who have made a difference in their community.

# Iran's Intangible Heritage Among World's Top 10

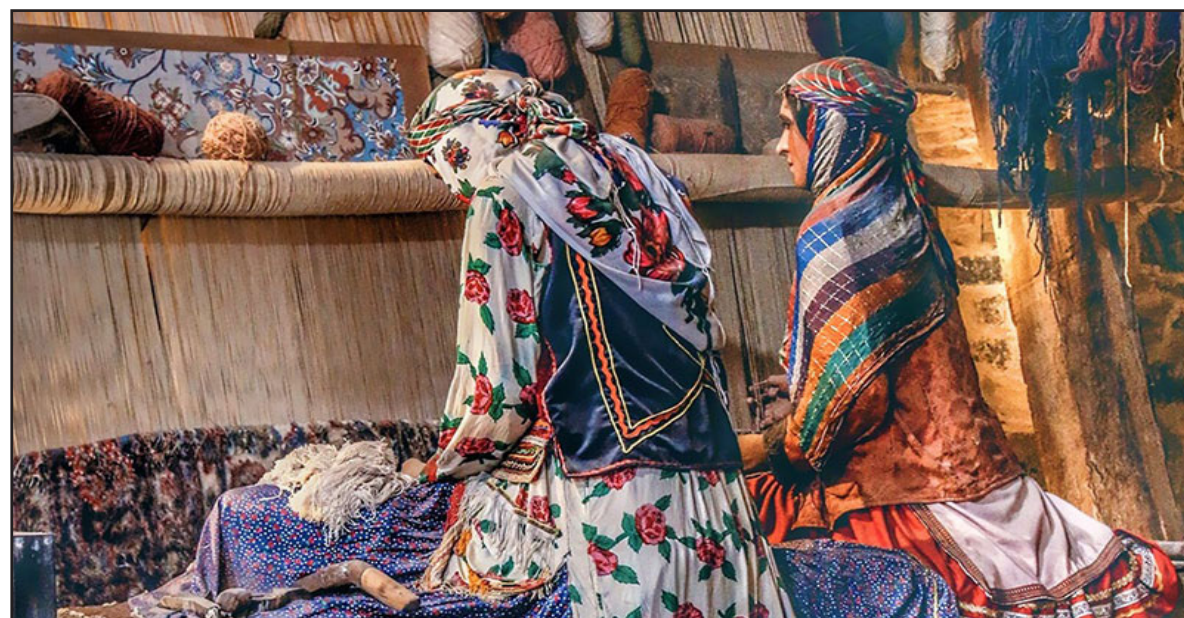
TEHRAN -- The deputy minister of cultural heritage, tourism and handicrafts says so far 26 tangible cultural works and 21 intangible cultural elements from Iran have been registered in the UNESCO world list.

Ali Darabi said Iran is among the top 10 countries in the world in terms of intangible cultural heritage.

"In two decades, due to the conditions of the revolution and the imposed war, the registration of intangible works from Iran was delayed, otherwise, according to UNESCO experts, we could have been in the first rank with Italy in the number of registered works," he said.

For this year, Iran has the plan for world registration of 56 historical caravanserais, including Saad al-Sultaneh in Qazvin.

Naming calligraphy as an intangible heritage, Darabi emphasized that "regardless of the heritage honors the art has, calligraphy can



be a light to draw the future of Islamic Iranian civilization and in

the future research process as well as being considered as a successful

example in re-creating the national art of attention."

## Barcelona University to Join Iran's Architecture Seminar

TEHRAN -- Vice-rector for internationalization policy of University of Barcelona announced his readiness to hold a joint scientific seminar with Iran under the title of examining Iranian-Islamic and Spanish architectural potential.

Raul Ramos met Muhammad-Mehdi Ahmadi, Iran's cultural attaché to Madrid, where he referred to good cultural relations between Iran and Spain.

Ahmadi expressed hope that holding the scientific meeting in the future will provide more communication opportunities between the students of the two countries with the capabilities and potential of architecture.

Ramos, for his part, said that holding the scientific seminar will introduce the architectural potential of the two countries to the students in a better way.

Ahmadi also held a meeting with Spain's new Casa Asia Director General Javier Parrondo during which he suggested that the week of Iranian films be held in Barcelona and Madrid, which was welcomed by the Spanish official.

Parrondo said, "We are honored working with Iran, which has a rich culture and civilization and Iranian films have shone in many international festivals, and when we look at history, we realize that Iran's culture is unparalleled in the world."

## Dutch Film Festival Nominates 'Count to 10'



TEHRAN -- Iranian feature 'Count to 10' has won a nomination at the Benelux International Film Festival (BIFF).

The film, directed by Farid Valizadeh, grabbed a nomination at

the 2023 edition of the event.

'Count to 10' narrates the events that happen few hours into the life story of a couple with a significant age difference. The two enter a race-like marathon to the number

10 on a path with a discourse challenge, and the loser in the marathon must accept the other party's conditions, whatever they may be.

The cast list of the film includes Manouchehr Zendeheh, Ghazal Nazar, Elnaz Bateni, Mania Babaee, Bahram Husseini and Amir Nazar.

The film has already taken part in the Route 66 Film Festival in the U.S., the Cannes World Film Festival in France, and the Lift-Off Film Festival in the UK.

The BIFF gives filmmakers the opportunity to network with directors, producers and other filmmakers.

The winners will receive their awards during a ceremony on December 17 in the Netherlands.

## India's Dishes Influenced by Iran



Persian men kneel on the floor to enjoy breakfast in an illustration by James Morier, published in 1818. Because of Iran's strategic position on the ancient Silk Road, Persian culture was disseminated far and wide. There's no better evidence of this than the imprimatur of the Persian language on the nomenclature of food.

NEW DELHI (Slurrp.com) -- Some of India's most beloved dishes influenced by Persian culinary are as follows.

**Biryani:** Biryani is believed to have originated in Persia and was brought to India by the Mughal emperors. The name "biryani" comes from the Persian word "biryan," meaning "fried before cooking."

Biryani is made by cooking meat or vegetables with aromatic spices and rice. The meat or vegetables are first marinated with spices and then layered with partially cooked rice. The dish is then cooked on low heat, allowing the flavors to meld together.

Biryani is known for its rich and complex flavors. The combination of fragrant spices, tender meat or vegetables, and fluffy rice creates a symphony of taste. The dish has a perfect balance of spiciness, sweetness, and tanginess. The texture of biryani varies, with the rice being light and fluffy, and the meat or veg-

etables tender and succulent.

**Jalebi:** Jalebi is believed to have originated in Persia and was introduced to India by Persian traders. It has been a popular sweet snack in India for centuries.

Jalebi is made by preparing a fermented batter of wheat flour and yoghurt. The batter is then piped into circular shapes and deep-fried until crispy. The fried jalebis are then soaked in a sugar syrup, which gives them their characteristic sweetness. Jalebis have a unique combination of crispy and syrup-soaked textures. The outer layer is crunchy and slightly chewy, while the inside is soft and juicy. The sweet syrup imparts a delightful sugary taste, with hints of saffron and cardamom.

**Kebabs:**

Kebabs originated in Persia and were brought to India by the Mughal emperors. The dish has since become an integral part of Indian cuisine.

Kebabs are made by marinating

meat (such as lamb or chicken) with a mixture of spices, yoghurt, and sometimes papaya paste. The marinated meat is then skewered and cooked over a grill or in a tandoor. This method imparts a smoky flavor and tenderizes the meat.

Kebabs are known for their succulent and aromatic flavors. The spices infuse the meat, creating a delicious blend of flavors. The texture of kebabs can vary, with some varieties being juicy and tender, while others have a slightly charred and crispy exterior.

**Naan:**

Naan originated in Persia and was introduced to India by the Mughal emperors.

It is made by preparing a dough using wheat flour, yeast, yoghurt, and sometimes milk. The dough is then rolled out into flatbread and baked in a tandoor. The intense heat of the tandoor gives naan its distinctive charred spots and soft texture.

It has a soft and fluffy texture with a slight chewiness. It has a subtle taste of yeast and a hint of smokiness from the tandoor. Naan pairs well with curries or can be enjoyed on its own.

**Samosas:**

Samosas were introduced to India by Persian traders and have been an integral part of Indian cuisine for centuries.

Samosas are made by preparing a dough using wheat flour and oil. The dough is then filled with a spiced potato or meat filling and shaped into triangular pastries. The samosas are deep-fried until golden and crispy.

Samosas have a crispy and flaky exterior, while the filling is flavorful and spiced. The combination of the crispy crust and savoury filling creates a delightful contrast of textures. The taste of samosas is savory and aromatic, with a medley of spices

like cumin, coriander, and garam masala infusing the filling.

The influence of Persian cuisine on Indian food culture goes beyond these specific dishes. Persian culinary traditions have contributed to the use of aromatic spices, the art of marinating meats, and the incorporation of rich flavors in Indian cuisine. Indian dishes like pulao, keema, and korma have been influenced by Persian cooking techniques and ingredients, resulting in a unique fusion of flavors.

In India, these Persian-inspired dishes have undergone adaptations and variations to suit the local palate and regional preferences. For example, the Hyderabad biryani is known for its distinct flavors, with the use of aromatic basmati rice, saffron, and a blend of spices. Kolkata biryani incorporates subtle flavors of rosewater and potatoes. Each region in India has its own interpretation of these dishes, adding its touch and flavors.

The Persian touch in the Indian

food culture, particularly in dishes like biryani, jalebi, kebabs, naan, and samosas, has shaped the vibrant and diverse cuisine of India. These dishes reflect the historical and cultural connections between Persia and India, showcasing the interplay of flavors, techniques, and ingredients. Whether you're savoring a plate of aromatic biryani or biting into a crispy samosa, you're experiencing the enduring legacy of Persian influence on Indian culinary traditions.

## Picture of the Day



The African white lions of Shahid Chamran Karaj Wildlife Park have given birth for the second time, to quadruplet cubs.

Photo by Mehr