

## In Case You Missed

## Laljin Souvenirs Impressive

The hub of pottery in Iran is the picturesque city of Laljin in Hamedan province. Many tourists visit the beautiful city during national holidays. Laljin is about 30 kilometers north of Hamedan city, IRNA reported.

Historians believe that pottery existed in the area some 7500 years ago.



The talented artists of the region create exquisite patterns on ceramics thus appealing to myriads of local and foreign tourists.

The norm is that after touring many attractions in the province, tourists visit Laljin to buy pottery as souvenirs.

During Norouz (holidays marking the New Iranian



year), a rather big mall was launched in Laljin for showcasing and selling precious porcelain. Some 20 artists showcase their works.

Currently, over 95 pottery production units are active in Laljin. Some 40 percent of the pottery production of the country pertains to this region.

## Seminar on Historical Monuments

A seminar titled 'Safeguarding Historical Monuments' on the occasion of 'International Monuments Day' was held in Kashan University's Faculty of Arts and Architecture.

Director of Kashan Artists House said that architecture familiarizes the audience with spiritual values and human characteristics, IRNA reported.

Ali Akbar Heli pointed out that the 2,000-year-old



antiquity of architecture should not be forgotten.

A statement was released on the challenges facing the renovation of ancient buildings of Kashan.

A number of professors and students of Kashan University attended the seminar.

The seminar was jointly held by Kashan Cultural Heritage, Handicrafts and Tourism Administration and Kashan University.

## Iranian Cuisine

## &gt;&gt; A Banquet of Taste, Color and Quality

The ancient Iranians believed in binary grouping of edible items and classified them as hot and cold. Hot and cold are two terms that in no way mean cooked or raw. Instead these terms refer to the nature of the food itself.

According to Iranvisitors website, overcoming the cooling or heating effect on the body resulting from eating a specific type of food demands the consumption of a drink or food, which has opposite effect of the food already taken, so that the body can regain its balance and overcome its instability. This belief has resulted in the Iranian food being composed of ingredients that, while providing ample vitamins and calories, also have a balancing effect on the human body.

With the emergence of the new class of city dwellers and the disintegration of ancient beliefs regarding nutrition, new ideas about food can be seen. Now traditional dishes are being served together with new varieties of dishes in shops. Yet it is praiseworthy to note that not many tourists can be found who do not order Iranian Chelo Kabab, Chelo Khoresh and Aash. World famous Iranian Chelo Kabab, Khoresh Ghormeh Sabzi, Fesenjan and Aabgousht have been relished and enjoyed by foreigners visiting Iran-once tasted, always wanted.

Ancient Iranians believed that happiness of a wife in her husband's house depends firstly upon her reflection in the mirror (her beauty) and secondly the cooking pot. This indicates the good taste of Iranian men in food and the special importance they pay to their wives' art of cooking. Iranian women are also experts in preparing a variety of sweet



than not, present a problem to the tourists.

A few of the principal Iranian dishes are: Kuku, Polo, Chelo, Kabab, Koufteh, Khoresh, Aabgousht, Shami, Halim, Aash, Dolmeh, Kaleh Pacheh and desserts such as Sherbat (syrup), fruit concentrates, jams, pickles etc. Each of these dishes has different varieties of its own. In conclusion, it needs to be stated that Iranian food should be eaten and tasted personally, describing it provides only half the joy.

## &gt;&gt; Chelo Kabab (Rice with Roasted Meat)

There are different varieties of Kababs in Iran, but Chelo Kabab is the mother of all Kababs and it is the specialty of Iranians.

Chelo Kabab is derived from two words: Chelo, meaning cooked rice and Kabab, meaning broiled meat or chicken. To prepare traditional Iranian Chelo Kabab, one should use lamb fillet. But since, this part of lamb is hard to obtain, leg of lamb or sometimes shoulder of lamb can be good substitutes. The secret of good Chelo Kabab lies in marinating of the meat which can be done by keeping the meat in onion juice and sometimes in yogurt for a day or two. The meat is then cooked over charcoal and served with steaming Chelo, sumac, egg yolk and plenty of butter – something which cannot be forgotten.

## &gt;&gt; Khoresh (Stew)

Khoresh is a type of stew which is usually prepared with meat or chicken together, as well as fresh or dried vegetables, fresh or dried fruit and sometimes nuts and cereals.

White fluffy rice is served topped with Khoresh and is called Chelo Khoresh. Khoresh Ghormeh Sabzi is one of the very popular varieties of Khoresh enjoyed by all Iranians. Khoresh Ghormeh Sabzi is a green vegetable stew made from meat, oil, green vegetables (leek, parsley, fenugreek, spinach) chilies, turmeric, salt, lemon or unripe grape juice, dried lemon and cereals such as kidney beans or haricot beans. The combination and cooking of these ingredients together with rice and saffron, fills the house, as well as the entire locality with a mouth-watering fragrance drawing the inhaler unconsciously towards itself.



dishes, sweetmeats and fragrant Iranian syrups.

Vegetables have a special status in Iranian nutrition, lavishing the food with color, fragrance, flavor and quality and thus becoming the cause of discrimination among the housewives. The selection of an item from the long list of delicious Iranian dishes would, very often

## Culture Week in India

Iranian ambassador to India said that holding Iran's culture week in India would strengthen not only the solidarity and the cultural ties between two nations of India and Iran, it will also help to development of the tourism infrastructures in both countries.

Mehdi Nabizadeh said that holding Iran's culture week in India and that of India in Iran has become feasible within the framework of a Memorandum of Understanding signed between Iran's Cultural Heritage, Handicrafts and Tourism Organization and the Indian Council for Cultural Relations (ICCR) for next three years, reported IRNA.

The first four days of Iran's culture week in India begins on April 30.

2008, in New Delhi and the remaining two days of the week will be held in the Western Indian city of Mumbai, the business capital of India.

Esfandiyar Rahim Maashaie, head of the Cultural Heritage, Handicrafts and Tourism Organization and the ICCR chief, Karan Singh, will attend the inaugural ceremony of the culture week at the National Museum in New Delhi, Nabizadeh said.

The culture week festival of Iran in India includes a variety of folk music from Lorestan and Sistan-Baluchestan provinces and recitations of poems from Shams and Maulana beside those of Shahnameh for two hours every night.

## Qazvin Gets New Museum

Qazvin Anthropology Museum opened in Qajar Bathhouse. The museum aims at introducing races, rituals and vocations of the past.

Museum curator, Mojtaba Abbaspour, said that the museum consists of three halls, the Persian daily Kayhan reported.

He added, "At the entrance door of the bathhouse the clothing and lifestyle of Qazvin residents is put on display. Most people of Qazvin are Tot, Maraghi, Kurd, Lor and Turk."

He also noted that in the middle hall, ceramic paintings display rituals of Sidadbedar, Panjshbedar and Imam Hussein (AS) death anniversary.

Abbaspour pointed out that in another section of the bathhouse vocations such as eulogy, blacksmith and fruit selling are introduced to visitors.

Qajar Bathhouse is the oldest bathhouse of Qazvin. It was built around 1057 (AH) on an order by Safavid king, Shah Abbass II.

