



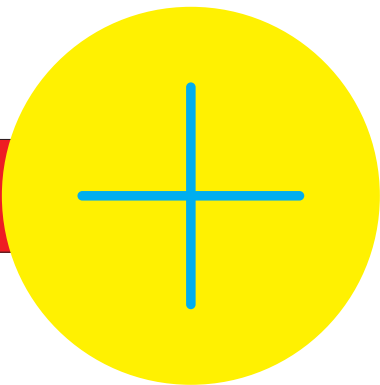
Visual arts exhibition on General Soleimani opens

MEHR – An art exhibition titled, ‘Iranian Cedar,’ to commemorate Iran’s iconic Lieutenant General Qassem Soleimani opened at Niavaran Cultural Center in Tehran on December 27.

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There is a beautiful quotation from the animation movie, “Over the Hedge,” in which RJ says, “They always got food with them. We eat to live; these guys live to eat”.

Food is not only a vital element of human life, but it can also be a hobby. Food is sometimes so lovely that it’s not just made to be eaten; it is cooked for you to fall in love with. In this article, we will talk about the most popular Iranian dishes, iranontour.com wrote.

Iranian dishes

When it comes to Iran, all dishes are lovely. Iranian dishes are so diverse that they can meet different tastes, needs, and interests. You like it sour, there are options for you; you like it spicy, the southern style is yours; you like it sweet, you like it bitter, there are dishes for you. Iranian food is not only delicious, but healthy.

Persian ingredients are very rich in terms of healthy nutrients and necessary elements such as vitamins, proteins, fiber, carbohydrates, and so on. Persian dishes are made of beneficial and delicious ingredients that are mixed together with artistic harmony, as if they were pieces of a legendary puzzle.

In a class full of top students, it’s difficult for a teacher to choose the top 10. Likewise, it is so hard to say which Persian dishes are the best. In Iranian cuisine, you can find options for vegetarians, meat lovers, fast-food lovers, and even cannibals.

Among the top dishes in Iran, dizi, zereshk-polo, qormeh-sabzi, qeimeh, fesenjan, various kebabs, different aashes, sea foods, and localized Iranian fast foods are the most popular.

Dizi

A mixture of potatoes, chickpeas, and meat (including tomato paste, spices, and other ingredients) that tastes like heaven is called dizi. Dizi is usually available in specialty restaurants. To eat dizi, you need to separate the solid from the liquid. The delicious solid parts are mashed and mixed to form a concoction that you can’t stop eating with Iranian traditional bread (usually sangak that is baked in a hot stone



Dizi
● atashmehr.com

hearth). You can place pieces of bread in the soup, which becomes soft and delicious. After eating dizi, you may have trouble moving.

Zereshk polo

An incredible rice dish decorated with spices, saffron, barberries, and almond slivers is called Zereshk polo. Polo is cooked Iranian rice; the most popular is Zereshk polo with chicken. There are other types of Iranian polos such as Baqali polo (rice decorated with broad beans and vegetables); and Sabzi polo (rice decorated with vegetables and spices). Baqali polo is served with either chicken or lamb; sabzi-polo is



Qormeh-sabzi
● atashmehr.com

served with fish. If you are a vegetarian, you can serve the polo without meat. There are also some Iranian polos that are just great choices for vegans such as Adas polo (rice and lentils) and Morassa polo (a polo with lots of nuts, spices, saffron, and other ingredients).

Qormeh sabzi

A famous Iranian stew (known as khoresh) cooked with red beans, herbs, and meat, is called Qormeh sabzi. Iranian stews are delicious mixtures of different ingredients (usually legumes and vegetables). Keep in mind that you can’t eat qormeh sabzi without a



Kebab-koobideh
● cofelink.com



Fesenjan
● fidia.ir

snow-white plate of rice. You can find this lovely Persian food in most Iranian restaurants.

Qeimeh

Qeimeh is one of the best foods in Iran. As other Iranian stews, it is served with rice. It is made of split peas, cubes of beef or lamb, tomato paste and dried lemons. You can pour qeimeh on Iranian rice and enjoy it.

Fesenjan

What happens when pomegranate extract, spices, sugar, and walnuts unite? Fesenjan is born. This Persian food is very special in Iran.

Kebabs

Kebabs are pieces of chicken or meat grilled over charcoal. They can be eaten with bread or rice. Kebab koobideh and Joojeh kebab are the most popular kebabs. Kebab koobideh is ground beef or lamb. Joojeh kebab is tender chicken that has a unique saffron flavor; grilled over charcoal with tomatoes, and served with bread and/or rice. Joojeh kebab and kebab koobideh without grilled tomatoes are like guns without bullets.

Aash-e Reshteh

Aash is a thick soup with legumes, noodles, grains, and vegetables, which turns out very hearty. Aashes are mostly green, whereas soups are usually yellow. There are many aashes in Iran such as aash-e sabzi, aash-e kashk, aash-e maast (yoghurt aash), etc. The most popular Iranian aash is called “aash-e reshteh”. Professional cooks also add fried onion on top of aash-e reshteh as a final touch.

Qalieh mahi

Qalieh mahi is one of the most popular Iranian sea foods. This delicious food is a great stew cooked with special fresh vegetables, boiled potatoes, fish, and spicy ingredients. Qalieh is usually eaten with rice, and in some southern cities, such as Bushehr, people eat Qalieh with gemneh (also called lalak), which is a kind of wheat semolina that functions the same as rice, and it is much better for the human digestive system. It is interesting to know that southern Iranian sea foods are a great choice for those who like it spicy.

Iranian fast food

It is hard to believe, but Iranian fast foods are unique. You can find a vast range of different Italian, Lebanese, and other world-famous fast foods in Iran. These fast foods have been localized. Iranian hotdogs are of such great quality that you can’t find a rival for them elsewhere. Iranian hotdogs are served on sandwich bread, with mushrooms, cheese, lettuce and tomatoes, and tasty sauces. In Iran, you can also find varieties of pizza, shaverma (Lebanese chicken or meat sandwiches), hamburgers, etc.

The world’s oldest animations date back to cave times

SCIENCE ALERT – From France to Indonesia and Australia, ancient life is painted across the walls of darkened caves, seemingly motionless silhouettes in earthen colors that echo an earlier time. But in recent years, archaeologists have imagined how these simple images may have captured moving scenes in ways we had perhaps over-

looked. Animation, it seems, has its roots in ancient artworks. Earlier this year, a series of stone engravings of strange animals with melded bodies reignited speculation about the earliest forms of animation. Using 3D models and virtual reality software to bring ancient etchings to life, the team of archeologists argued that the stone artworks might have been dynamic representations of animals in motion if viewed in firelight. Although they might be a long way from the hyper-real animation that entertains us today, these prehistoric artworks inspire awe – in that our human desire to understand, represent and recreate movement runs deep. Another example lay for centuries covered in ash and dust in Shahr-e Sukhteh, an archaeological site in southeast Iran known as the ‘Burnt City’. Here, researchers found an unassuming goblet bearing burnt red sketches of a jumping goat that springs to life when the vase is spun – much like a modern zoetrope of the

19th century. In five sequential images, the horned goat jumps up to eat the leaves of a tree that might represent the Assyrian tree of life. But archeologists only recognized the drawings as a series of images years after the vase was unearthed in 1967. Dating suggests the clay vase, currently on display at the National Museum of Iran, is around 5,200 years old, with some claiming it could be one of the oldest examples of animation. Although that might be contentious, at the very least Persian potters were mastering early concepts of animation and persistence of vision long before 19th-century inventors put two and two together. “This is suggestive that humans had for thousands of years been fascinated by animal movement and had put energy into trying to capture a series of sequential images,” says Leila Honari, a Persian animator and art scholar at the University of Griffith in Australia, writing in the journal of Animation Studies in 2018.



The ‘Burnt City’ goblet with its burnt red designs, on display at the National Museum of Iran.
● EMESIK/WIKIMEDIA COMMONS



A Palestinian protestor stands amid tear gas, as Palestinians clash with Israeli forces during a protest against what organizers say are Israel’s measures of keeping bodies of dead prisoners, near Qalandia in the Israeli-occupied West Bank on December 27, 2022.
● MOHAMAD TOROKMAN/REUTERS