



Samarkand: Recipes & Stories from Central Asia & The Caucasus

By Caroline Eden, Eleanor Ford

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Over hundreds of years, various ethnic groups have passed through this city, sharing and influencing each other's cuisine and leaving their culinary stamp. Samarkand is a love letter to Central Asia and the Caucasus, containing travel essays, beautiful photography and recipes that are little known in the West that have been expertly adapted for the home cook. There is an introduction to the region (explaining the ethnic groups – Uzbeks, Tajiks, Russian, Turkis, Koryo-Saram, Jewish, Caucasus, Afghan) with a useful pantry of essential ingredients, followed by an array of delicious dishes. These include Lamb Kebabs with Cinnamon, Cloves & Hot Hummus, Pumpkin Stuffed with Jeweled Rice, Pomegranate & Vodka Sorbet and the all-important breads of the region – non, flatbreads and pides.

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Editorial Review

Review

The book's artfully curated recipes complement each one another, and Eden's essays help bind the feasts, flavors, and colors even more closely. Though readers may never find themselves traversing the Silk Road, this is a terrific way to replicate a key part of that journey. (*Publishers Weekly*)

"Samarkand: Recipes & Stories From Central Asia & the Caucasus," looks at the region through the cuisines of seven groups that left their mark on Samarkand: Tajiks, Russians, Turks, Jews, Koreans, Caucasians, and Uzbeks. Over several years of working on the project, travel writer Caroline Eden visited a dozen times and food writer Eleanor Ford spent time in the kitchens of home cooks and restaurants to create recipes highlighting flavors of the region. ' (Michael Floreak *The Boston Globe*, June 28, 2016)

"This vividly photographed cookbook examines the culinary influences of the historic trade route that brought fragrant Persian rice plov, Russian meat dishes and European herbs together in Central Asian cooking. The recipes here, a mix of traditional dishes and modern iterations, are surprisingly approachable. Most call for familiar ingredients used in pleasantly disorienting combinations: seared lamb chops paired with tangy sour cherries, young potatoes dusted with cinnamon and cardamom." (Georgia Freedman, *The Wall Street Journal* *The Wall Street Journal*, August 24, 2016)

"As an armchair traveler, I was led by Caroline Eden's firsthand account of journeys to the Uzbek city of Samarkand and other exotic destinations, then lured into the kitchen by Eleanor Ford's fine recipes." (Florence Fabricant, *The New York Times* *The New York Times*, July 5, 2016)

"Top of the reading pile right now..." (Heidi Swanson)

A Semifinalist for the Piglet Cookbook Award (*Food52*)

About the Author

Caroline Eden specializes in Central Asia and the Caucasus. She is a regular contributor to the travel, food and culture pages of *The Guardian*, *Financial Times*, *Independent*, and *AsianArt* newspaper as well as a weekly travel page for London's *Metro*. She has reported on key events in Kazakhstan and Azerbaijan for BBC Radio 4's *From Our Own Correspondent*.

Eleanor Ford is a food journalist who focuses on making world cuisines accessible to the home cook. She has been a recipe developer and editor for the Good Food Channel and BBC Good Food Magazine. She has judged The Guild of FoodWriters' Awards, was local editor for Zagat's Hong Kong guide and has been a Time Out restaurant reviewer.

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Kimberly Franks:

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