

THE DUBAI MAIL

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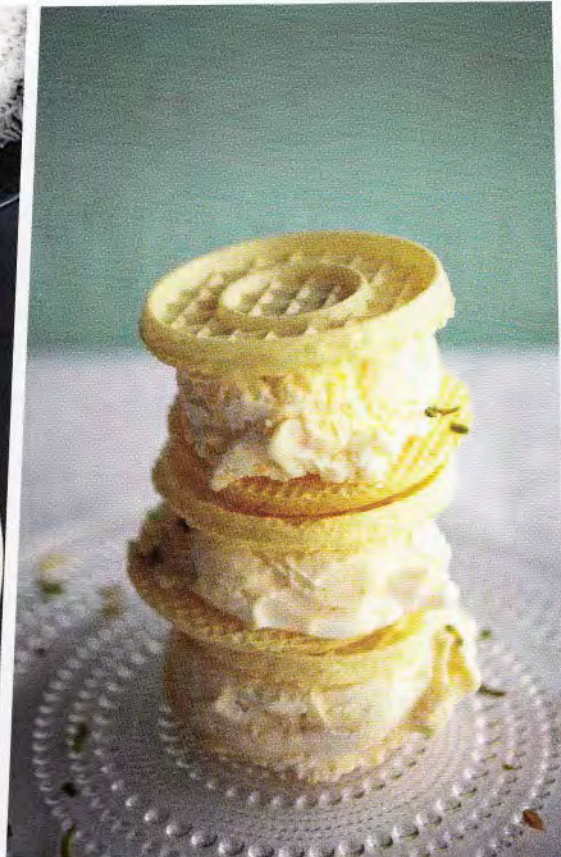
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SUGAR & SPICE

TV CHEF AND COOK BOOK AUTHOR **ARIANA BUNDY** SHARES HER THOUGHTS ON PERSIAN CUISINE, CHILDHOOD MEMORIES AND HOLLYWOOD CELEBRITIES

With a cosmopolitan upbringing in New York, London and Switzerland, Ariana Bundy has returned to her Iranian roots with the beautifully presented *Pomegranates & Roses* cookbook which guides its readers through authentic Persian cuisine. A fashionable foodie, it was her grandmother who ignited her passion for cooking, saying “she’s the one who would guide me into the kitchen, tie a yellow apron around my waist and let me stir onions. She knew how to make something out of nothing and instinctively paired flavours and textures perfectly.” Following the family flair for all things food-related, Ariana studied in France before working the celebrity circuit as Head Pastry Chef at the Mondrian in LA. “We did a lot of celebrity events, including The Oscars, MTV awards and Vanity Fair parties, which in turn attracted big names like Brad Pitt and Nicole Kidman. They were exciting times. We worked hard and at the end we got great feedback.” With her new book, her mission has been to draw attention to Persian cuisine and shed some light on its delicate flavours. Passionate about the region, Ariana explains: “Iranian food is one of the most ancient cuisines. You have the sweet and sour flavours, slow cooked fruits and meats twinned with rice. Rice, tea, bread, stew, saffron (the king of Persian spices) are all used to create a comforting, elegant, delicate balance.” Admitting that she has “too many favourite recipes from the book – not only for the flavours, but also for the memories” to name her number one favourite, it’s obvious she has a special connection to each.

Pomegranates & Roses: My Persian Family Recipes (Simon & Schuster UK), AED150 available at Bloomingdale’s Home, Lower Ground and other leading bookshops.

