

Versatility in Hospitality Industry around the Globe

A Case Study on Cuisines and Culture of Iran

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Abstract: *The Iran is home to one of the world's oldest civilizations, beginning with the formation of the Elamite kingdoms in the fourth millennium BC. It was first unified by the Medes, an ancient Iranian people, in the seventh century BC, and reached its territorial height in the sixth century BC, when Cyrus the Great founded the Achaemenid Persian Empire, which became one of the largest empires in history and has been described as the world's first effective superpower. Arab Muslims conquered the empire in the seventh century AD, which led to the Islamization of Iran. It subsequently became a major center of Islamic culture and learning, with its art, literature, philosophy, and architecture spreading across the Muslim world and beyond during the Islamic Golden Age. Iran is a regional and middle power, with a geopolitically strategic location in the Asian continent. It is a founding member of the United Nations, the ECO, the OIC, and the OPEC. It has large reserves of fossil fuels—including the second-largest natural gas supply and the fourth-largest proven oil reserves. The country's rich cultural legacy is reflected in part by its 26 UNESCO World Heritage Sites.*

Keywords: ECO, OIC, OPEC, Iran Tourism.

I. INTRODUCTION

The cuisine of Iran has made extensive contact throughout its history with the cuisines of its neighbouring regions, including Caucasian cuisine, Central Asian cuisine, Greek cuisine, Levantine cuisine, Mesopotamian cuisine, Russian cuisine and Turkish cuisine, among others. Aspects of Iranian cuisine have also been significantly adopted by Indian cuisine and Pakistani cuisine through various historical Persianate sultanates that flourished during Muslim rule on the Indian subcontinent, with the most notable and impactful of these polities being the Mughal Empire.

Typical Iranian main dishes are combinations of rice with meat, vegetables and nuts. Herbs are frequently used, along with fruits such as plums, pomegranates, quince, prunes, apricots and raisins. Characteristic Iranian spices and flavourings such as saffron, dried lime and other sources of sour flavouring, cinnamon, turmeric and parsley are mixed and used in various dishes.

Cuisine, in terms of both the preparation of food and the social aspects of dining, is an essential part of any culture; indeed, some fundamental aspects of a culture may be more readily apparent in its culinary arts than in other traditions. Certainly, many observations that might be made about food in Iran reinforce those that can be deduced from other facets of its culture.

There is a mainstream culinary tradition primarily associated with the urban, Persian-speaking population that can be taken (as it will be in this chapter) as essentially the common national cuisine, but the country also has a very rich array of local, regional, and ethnic dishes. Persian cooking has many features in common with Indian, central Asian, Turkish, and Middle Eastern cuisines, yet it has its own particular characteristics and is unmistakably different from any of its counterparts.

For instance, while many ingredients of Iranian and Indian food are similar, Indian food is spicier and uses pepper very generously. Likewise, many of the ingredients used in Persian cooking would be familiar to Americans, but Americans would be surprised at the unique ways the ingredients are used and the flavours they produce.

A good Persian cook has an almost miraculous ability to turn simple ingredients into dishes of great subtlety and beauty. This Persian style of cooking is sophisticated and refined enough to hold its own with any of the world's other great cuisines, but it is relatively little known and appreciated outside the region.

However, that is changing as the recent emigration of Iranians and their settlement in other countries, especially Europe and the United States, has resulted in the appearance of Persian restaurants in major cities like Paris, London, New York, Washington, Chicago, San Francisco, and Los Angeles.

Food and dining have a public face in Iran, but its fullest development and greatest glories are to be found in the private setting of the home, among relatives and friends. Especially in social gatherings, the 4182 variety and abundance of foods, as well as the Today and generosity of the host, are 8:33 pmle.

Sharing food is an important mechanism of socialization and social bonding. A traditional proverb states that a way to win someone's favour is to share your food with them: namakgirkardan, which means "having someone to have a taste of the salt in your food" (i.e., to become bound by hospitality).

Food is not an end itself but a means of family solidarity and social exchange, especially in the traditional world of the past when families were extended and eating was a communal affair within the extended family.

The culinary tradition in Iran has certainly been affected by the influence of modernity and Western customs, be it in the way of New World ingredients like tomatoes or potatoes, eating habits, or the appearance of fast-food shops. Indeed, the fastest growing restaurant type in Iran today would probably be pizza shops with delivery service. Yet on the whole, Iranian dining has proved remarkably resilient in preserving its essential character and distinct identity.

Even pizza produced in Iran is not exactly the same as that found in the United States or Europe. Both the sauce and cheese used are closer to Persian flavours than American or Italian ones.

In general, culinary practices in Iran have been affected by several important cultural factors. The most obvious, of course, are the requirements of Islamic dietary law since the vast majority of the population are Muslims: meat should come from animals that have been ritually slaughtered; pork and certain other foods are forbidden; and wine or other alcoholic beverages, though certainly used by some people at various times, are illegal under Islamic law and have been strictly prohibited since the establishment of the Islamic Republic.

Prior to the 1979 revolution, alcoholic drinks and pork meat in the form of ham and hot dogs were available in modernized sectors of major cities, Oven though these folds were saved by the Send majority Favorites people Edit Seculari Delete Iranian More especially educated ones, are not much concerned about religious dietary restrictions.

There is also a kind of basic philosophy to Iranian cooking that has its sources in ancient Zoroastrian tradition and concepts perhaps derived ultimately from Galenic medical theory. Foods are regarded as being either "hot" (garmi) or "cold" (sardi) in their nature and in the effects, they have on the consumer, inducing either excitement or lethargy, for example.

For instance, while yogurt is regarded as a cold item, red meat is classified as hot. Individual dishes and meals as a whole seek to balance these two qualities; spices are used in moderation, and ingredients often emphasize contrasting flavors like sweet and sour.

Of course, the younger generation, educated in modern sciences, tends to be neither familiar with these traditional concepts nor to find them particularly relevant when it comes to modern food items like pizza.

Iranian cuisine (Persian romanized: Ašpazi-e Irani) refers to the culinary practices of Iran. Due to the historically common usage of the term "Persia" to refer to Iran in the Western world, it is alternatively known as Persian cuisine, despite Persians being only one of a multitude of Iranian ethnic groups who have contributed to Iran's culinary traditions

Persian cuisine is characterized by the use of lime and saffron, the blend of meats with fruits and nuts, a unique way of cooking rice, and Iranian hospitality.

The cuisine of Iran has made extensive contact throughout its history with the cuisines of its neighbouring regions, including Caucasian cuisine, Central Asian cuisine, Greek cuisine, Levantine cuisine, Mesopotamian cuisine, Russian cuisine and Turkish cuisine, among others were designed by [2] Birth of the Persian Empire: The Idea of Iran, London Aspects of Iranian cuisine have also been significantly adopted by Indian cuisine and Pakistani cuisine through various historical Persianate sultanates that flourished during Muslim rule on the Indian subcontinent, with the most notable and impactful of these polities being the Mughal Empire.

Major staples of Iranian food that are usually eaten with every meal includes rice, various herbs, cheese, a variety of flat breads, and some type of meat (usually poultry, beef, lamb, or fish). Stew over rice is by far the most popular dish, and the constitution of these vary by region.



Iranian food is healthy because almost all of the main dishes, soups, and stews are loaded with healthy veggies and herbs.

Arab food is literally boiled meat. Iranian food is not overdone with spices, which can hide the quality of meat and ingredients.

Sweet and sour, salty, bitter, and umami can all be present in an Iranian dish, and do so harmoniously.

The following dishes are most popular dishes of Iran- Biryani



Biryani is a group of classic dishes dating back to the Mughal Empire. The main ingredients of biryani are rice (ideally basmati), spices, a base of meat, eggs, or vegetables, and numerous optional ingredients such as dried fruits, nuts, and yogurt.

It is believed that Mumtaz Mahal, Emperor Shah Jahan's queen inspired the dish in the 1600s. The word biryani is derived from the Persian word birian, meaning fried or roasted, and the dish made its way from Persia to India via groups of traders and immigrants.





Kuku is the universal term for a broad group of Iranian dishes that resemble a thick omelet. Typically pan-fried, these dishes are predominately vegetarian, although some varieties occasionally employ meat. Some of the most famous varieties are kuku sabzi, which consists of eggs and various chopped herbs, and the potato-based kuku sib-zamini. Versatile kuku dishes are a staple in Iranian cuisine - they are often served on special occasions, but are also commonly prepared as simple everyday meals.

Easily adapted to taste and preference, they can be eaten hot or cold, as a filling appetizer, quick snack, or a light main course

Gaz is the Iranian variety of nougat. Nowadays it is mostly prepared with a blend of egg whites, sugar, and nuts, but the original gaz consists of slightly different ingredients. The raw gaz is an exudate of an insect, which is found and collected from wild tamarisk trees.



After it has been collected, it is melted, sieved, mixed with nuts, then flavored with typical aromas such as rose water and saffron. Finally, gaz is shaped into logs or rectangles and cut into smaller pieces. Traditionally produced gaz is a seasonal ingredient, native to the city of Isfahan, which is abundant with tamarisk trees.

Pashmak



Pashmak is a traditional Iranian sweet, similar to cotton candy. It is made with flavored sugar syrup that is gently pulled until multiple thin and fragile threads are created. The final product resembles hair or wool, which is soft, yet dense and heavy, and is often referred to as angel's hair.

This traditional confectionery is believed to have originated in the Iranian city of Yazd, and today it is usually factory-produced. It is typically flavored with sesame, rose water, cardamom, orange blossom, saffron, vanilla, or pistachio. In Iran, it is not common to eat it on its own, and it is usually incorporated into other desserts.

II. SUMMARY

Iran is a country of various different kind of culture and different cuisines it can be seen in their history that the culture they have adapted to is been helpful for them in different ways the way they protect themselves from various enemies whilst being a small country it's magnificent their culture had helped them to be a better.

Iran had a great impact on forming the United Nations which had helped mankind in various different ways it had stopped wars and difficulties among different countries the cuisine had also had a huge impact on the Asian and western culture as we can see the Indian community has to have a spice to their food and the western

American has their different likes so the Persian and Parsi community had got their different way of making their unique cuisine the mix of Asian and the western American culture had created such a fine art of food that the locals enjoy and people from various countries visit Iran to experience the culture that Iranian people have inherited from their ancestors people enjoy the Irani culture Islam had inherited the country as their study grounds beautiful Islamic culture had started form the country of Iran even after being in wars the Irani culture had never bowed down in front of any enemies

Even after their downfall it stood up and protected their culture which resulted in the finest techniques and food of the Iran many countries had adapted their culture after giving a look at the Irani culture and few countries had also inherited their cuisine and are enjoying doing it the religious nature had also inspired so many it is just a beautiful pride to carry as a proud Irani as per [1]JeroenTemperman (2010). State-Religion Relationships and Human Rights Law

We have seen that Parsi and the Persian community had been a great help to the Indian, European and the western American culture they have also inherited their style of cooking and made their own different ways all this because of the Persian community that helped the Irani culture to increase the cuisine of their community.

There are so many natural oil spots found in Iran that had helped the whole globe UNESCO had also given so many awards to Iran for its great cultivate land and this has also inspired many countries to make their lands beautiful as well. Even after the various wars it had never looked down and standing still with their pride as a member of United Kingdom resurfacing the culture and cuisine of this nation will help the Islamic community so that they can learn more about their culture which will lead to peace with the world.

III. CONCLUSION

As we know Irani culture has been under the dirt for so long that we have forgotten that there was a real and distinct culture and different kind of cuisines which has originally came from Iran

Irani culture and cuisine had travelled so far from the beautiful country of Iran to various different south Asian countries that the culture and cuisine has become a hybrid of the true form of Irani culture and cuisine various different food items has a modified form of it but actually it was something different where it originally came from after the 15th century the Irani culture has been getting extinct day by day that people are getting to forget it Indians Asians and western Americans has inherited the ways of cooking food from Persians which are from Iran as we know we can see that the Chinese Italian and American culture has getting into view by many people then why not Irani culture and cuisine

Iran has been fallen down and broken and have lost many of the cultures that they originally started from and now if we learn more about the Irani culture then it will be the moment of proud for Iran.

Typically, if we have to look at how the culture and cuisine of Iran had made impact on the people, we have to think it locally the locals are very well known for the Islamic religion and their culture various different kinds of cuisines had been cultivated from the depths of Iran all of it has to be resurfaced to learn more about the likes and dislikes of the culture of Iran how the locals have adapted to it and how the cuisine had got the impact on itself.



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