

**Cuisine art. Print, £14,** etsy.com/uk/shop/ReenaMakwana



**Kebab happy.** Metal skewers (set of four), £8.93, wayfair.co.uk

**Finely chopped.** Acacia hachoir set, £24.99, kitchencraft.co.uk

**Pretty iconic.** Decorative bowls, £14 each, ellajames.co.uk



**Decorated by hand.** Glass bowl, £25.50, notjustjugs.com



**Liquid gold.** Stemless glasses (set of two), £16.99, vonhaus.com



**Double dipping.** Two-part serving stick, £11.99, lakeland.co.uk



**Delicate and functional.** Measuring cups, £14.95, rexlondon.com

**To us!** Amber glass, £8.95; recycled glass, £36.95 for four; both heavenlyhomesandgardens.co.uk; carafe, £32, abodeliving.co.uk



**Eastern promise**

**Taste Persia.** Chocolate, £1.79, consciouschocolate.com; tumeric and paprika cricket flour crackers £14.99 (eight packs), eatsmallgiants.com; Zaytoon za'atar, £3.75, medjoul dates, £4.95, and freekeh, £4.50, all traidsandspencer.co.uk; Tanya's JustReal mint sauce, £3, waitrose.com; Everleaf Forest non-alcoholic spirit, £18, marksandspencer.com; sumac, £3.80, ottolenghi.co.uk

**Iranian nights**

IT'S ONE OF LIFE'S pleasures to gather around a heaving table for a convivial feast. In Iran, loved ones come together for a 'mehmoon', or party, to eat, laugh and enjoy life.

Create a selection of Middle Eastern meze with small plates, dips and salads: Bowls of hummus and baba ganoush, platters of meats and veggies and homemade pitta, grilled with za'atar, a spice blend of wild thyme, tangy sumac and sesame seeds. Nooshe jân! (Bon appétit!)

**Blogger spotlight**



Rebekah Jones is a cook and Persian food enthusiast. Born to a Persian father and an English mother in Coventry, she loves to share her knowledge of Middle Eastern food.

You'll find easy and fragrant dishes at mylittlepersiankitchen.com, influenced by her love of Eastern flavour and spice. Her cookbook 'My Little Persian Kitchen' (left) is filled with recipes, anecdotes and tips, plus a little about the history of the spices used in the book.

**SUGAR & SPICE** Prepare a feast for the senses with these cookbooks



**1 New Feast: Modern Middle Eastern Vegetarian** by Greg and Lucy Malouf (Hardie Grant, £20) **2 Falastin: A Cookbook** by Sami Tamimi and Tara Wigley (Ebury, £28) **3 The Essential Middle Eastern Cookbook** by Michelle Anderson (Rockridge Press, £12.78) **4 My Little Persian Kitchen** by Rebekah Jones (Vanguard Press, £19.99)

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