

Easy English

Here, you'll find an interview, with facts and exercises related to it, at the A2 level of English: basic language points you may have forgotten or missed before.

By VANESSA CLARK

EASY



Interview

Every month, our interview partners from around the English-speaking world tell us about themselves. Meet Ardavan Sarabi, an Iranian cook in the UK.

Tell us about Iranian food.

It's colourful, it's tasty and it brings people together.

What's a typical Iranian meal?

We have rice and stew, with side dishes of vegetables or salad. A typical dish is ghormeh sabzi. That's lamb stew with lots of herbs. Everything in Iranian cooking is about the balance of flavours.

What's your favourite dish?

Everyone in Iran loves tahdig. It means "the bottom of the pot", and it's the rice that sticks to the bottom of the cooking pot. It's crunchy, golden and very tasty.

And for dessert?

Bastani sonnati — ice cream made with pistachios, saffron and rose water.

Who taught you to cook?

My mum. But she didn't teach me; she inspired me and she showed me what was possible.

Is Iranian food popular in the UK?

Everyone who eats it loves it. I'd love to open my own Iranian restaurant. It would blow everyone away!

Show and tell

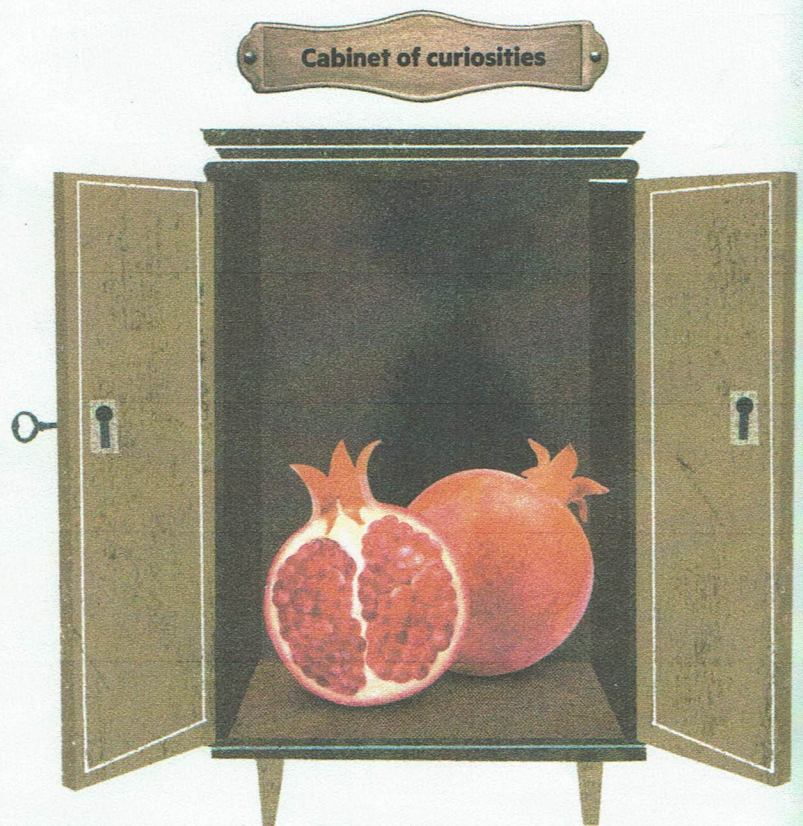
Now, find out more about something often used in Iranian cooking: the pomegranate.

Pomegranates originally came from Iran and other countries in Asia.

In the northern hemisphere, pomegranate season is from September to February, so it's called "the jewel of the winter". A pomegranate tree can live for over 200 years.

Health experts call pomegranates a "superfruit" because they are so good for us.

The word "pomegranate" means "apple with many seeds" and Ardavan has a tip to get the seeds out: don't cut the pomegranate. If you peel it, the seeds will fall out easily.



crunchy ['krʌntʃɪ]
- knusprig

herb [hɜːb]
- Küchenkraut

peel [piːl]
- schälen

pistachio [pɪ'stɑːʃiəʊ]
- Pistazie

pomegranate
['pɒmɪgrænət]
- Granatapfel

saffron ['sæfrən]
- Safran

seed [siːd]
- Samen, Kern

side dish ['saɪd dɪʃ]
- Beilage

stew [stjuː]
- Eintopf