

*\*\* Laying hands of love on Mother Nature\* *



**T:** (+98) 3226-1010 | **M:** [wa.me/989170906506](https://wa.me/989170906506)

**E:** [friendlyirantour@gmail.com](mailto:friendlyirantour@gmail.com)

[www.friendlyiran.com](http://www.friendlyiran.com)

Sazandegi Street, in front of alley number 3, Shiraz, Iran

## The Art of Village Living: A taste of Rural Life and Gastronomy

Get yourself ready for a 100% nature-based cooking experience!

Nomads as an independent society living far from the city and in fields and on hills, supply their food through their own herds, chickens, and the herbs of the plain they are living in.

Persian nomadic tribes live without any electricity, water, and gas piping, so they use no refrigerator, oven, and factory-made products. All nomad foods are made by fresh ingredients on an open fire, which can be a part of their health secret and strength mystery. Consuming brand-new meat, rich dairy, home-made bread, and different kinds of herbs have been an inspiration for everyone to try and enjoy the yummy experience.

### **Persian Tribe food is beyond a Cuisine!**

Local foods made by nomads tend to make different organs work well and cure pains and keep people healthy and energetic. So, the foods are kindly based on traditional medicine. “Ghovatoo or Ghavoot” is a kind of Halwa, which is made of special spices and herbs that give people strength for example it gives pregnant women enough nutrition to secure the baby while doing their daily duties.

“Kaljoosh” is a kind of soup that is a great source of calcium, protein, and vitamin B3.

Based on traditional medicine, the body will find the necessary nutrition based on the season in nature. Plants like “spear thistle”, “Rhubarb”, “Thymes”, “Chamomile” and “Pennyroyal” are frequently used in Nomad culinary and give the cuisine treatment values.

Nomad cuisine usually includes meat or chicken. They believe protein will give them all the strength and power to do all the tough nomadic daily tasks. But if you are vegetarian, the tribe people are so hospitable that they will make another dish for you. (This should be noted to us in advance).



## Package Include/Exclude

### Includes:

- English Speaking guide
- Ingredients and Culinary Tour Fee
- Transportation

### Excludes:

- Tips and Portages
- Licensed Experienced English-Speaking Local guide through the trip
- Transportation
- Entrance fees
- Extra meals

### Emergency contact details:

In addition to offering fabulous itineraries, we take pride in providing our clients exceptional customer service and support in a safe, comfortable, and hassle-free manner; from visa applications to airport transfers and local etiquette.

Our team is available around the clock to answer your questions, provide valuable advice, and ensure that your trip meets all your expectations and requirements.

**Office:** +98 713 226 1010 (our experts is available 24/7)

**Kimia:** +98 917 090 65 06