



# Iranian cuisine

Iranians just like Japanese people uses a large amount of rice in their cooking. The reason I decided to participate in the onigiri challenge was the similarities between my country and Japan's cuisine and how both of them can enhance each other through mixing.

イラン人は日本人と同様、料理に大量の米を使います。  
本企画に参加することにした理由は、母国と日本の料理が似ていること、  
そして両者を混ぜ合わせることでお互いを高めあえると思ったからです。

# グルメサブジ Ghormeh Sabzi

If you ask Iranian's what their top 3 foods are; 9 out of 10 will include Ghormeh Sabzi in their top 3 choices. It is a hallmark of Iranian cuisine. It is delicious and one of the things that almost all Iranians who live in other countries miss about home.

This food has to be something really extraordinary if people like it so much. That is why I have decided to share it in part with the rest of the world, so that others can also enjoy this amazing food.

グルメサブジはイランの定番の家庭料理で、海外に行くと一番恋しくなる料理のひとつです。

だからこそ、他国の方々にもこの素晴らしい料理を楽しんでいただけるよう、みなさんに是非共有したいと思います。

材料は、イランの家庭では一般的なラム肉、うずら豆、豊富なハーブ（コリアンダー、パセリなど）、たまねぎ、ほうれん草、ライムなど。



# Ghormeh + Nigiri “Gorumegiri” “グルメギリ”の誕生

Iranians use rice in almost all their food, and since coming to Japan, onigiri has been one of my favorite foods, because it reminds me of home in a way because of the rice that is used in making it.

Therefore I believe that mixing onigiri and ghormeh sabzi can possibly lead to a great mixture of both Iranian and Japanese cooking and provide a simultaneously new and familiar sensation when consumed by the people of both countries.

イランではほとんどの料理にお米を使います。  
おにぎりは故郷を思わせる食べ物のひとつのため、お気に入りの日本食です。おにぎりとおにぎりとグルメサブリを融合させることは、両国の人々にとって新しくて親しみやすいセンセーションになると思います。

