

Thinking about Iranian culture, one of the main things that come to mind is Iranian cuisine. As a person who loves trying different types of food, I believe the Iranian variety of food is one of the most amazing parts of its culture.

In Iran, we serve different dishes for different occasions, as an example, every Noruz, the oldest member of the family invites everyone to eat Baghali polo and Mahi in their houses, or every summer people in the southern part of Iran makes Mahi Shoor, which is a fish fermented in salt for up to 3 months, and we make Dami Mahi Shoor to celebrate the first day of winter.

One of the reasons for Iran's various cuisines is the diversity of the Iranian population and culture. Iran has one of the most diverse populations including Turks, Kurds, Lur, Balooch, Arabs, and many more. Having multiple ethnicities in Iran is one of the reasons for multiple cultures and foods in our country. I grew up in the south of Iran, where people use seafood as the main ingredient in their dishes. Southern cuisine is popular for its hot and sour taste, which makes it unique compared to every other food in Iran. For example, Ghaliyeh Mahi is one of the well-known dishes among people in my city which is also considered an important part of the southern culture that everyone is proud of.

In Iran, we appreciate food as something that brings people together. Whether we're celebrating our success or just want to hang out with a friend we invite each other and serve food. One of the most popular foods in Iran is Kebab. Kebab has been an important part of Iranian culture. People serve kebabs at weddings, birthday parties, and even funerals. When it comes to serving kebab it's not about the food quality, it's a standard for people to judge your family and party. The better the kebab the more respect for the family. Kebab has always been a luxurious food and represented hospitality and respect to the guest. Kebab is not just food, kebab is a lifestyle.

One thing that I would love to bring to OU culture is the different types of Iranian foods and their history and what they represent. As an Iranian student who is in love with Iranian food, I would love to have an opportunity to be able to introduce Iranian foods and their origins to all OU students.