



IRAN

Every Morning

• Monday
• July 10, 2023
• Vol. 8228

ISSN 1027-1449
Keytitle: IRAN (Tehran)
irannewspaper.ir



Homayoun Shajarian's European concert tour to start in Istanbul

Homayoun Shajarian, the renowned Iranian traditional music vocalist, is set to commence his European concert tour in the month of Shahrivar (August-September) this year, starting from Istanbul.

According to IRNA, Shajarian plans to hold his concerts abroad after a one-year hiatus. Accompanied by the Siavash Orchestra, he will grace the stage on August 30 in Istanbul, Turkey, and on September 1 in Amsterdam, the Netherlands.

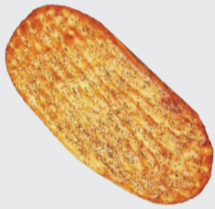
Traditional bread baking in Iran



Taftoon Bread



Lavash Bread



Barbari Bread



Sangak Bread



Around the world, there exist breads created and modified to the taste of all races, ethnic groups, or peoples. Each of these types of bread, depending on the available resources and traditions, has its own recipe.

For instance, in colder regions of the world the use of warming spices such as ginger or even pepper is common for baking bread. Or in tropical climates, people use dates in their flour and water mixture, cheetah-adventures.com wrote.

Bread is a type of sustenance prepared by baking, steaming, or frying. In addition to grain flour, water, yeast, and salt, some recipes call for milk, oil, and a variety of spices. The variety of spices and methods of preparation have resulted in the creation of many different kinds of bread. Bread is known

as a staple food all over the world. The basic way of baking bread is to prepare dough with flour and starter, and subsequently put to rest so it would rise, and then baked in an oven or hearth.

The flour is often made of wheat due to its high gluten, which is what gives bread a spongy, tender texture. Sometimes black wheat flour, oat flour, barley or corn flour can be used.

Iran has a wide variety of breads compared to other countries of the world; it also has a high per capita bread consumption compared to others.

The steps of baking bread in an Iranian bakery

To watch the process of bread baking in Iran is an experience we recommend. The beauty of bread bak-

ing in Iran is that you can stand and watch the line of skilled workers prepare your loaf. You can usually watch most steps. It used to be done all by hand, but of course in the industrialized cities of today some of the steps can now be relegated to machines.

First, they make the dough. Someone forms the dough into a sphere, that is called "chaneh" in Persian. The person responsible for this task has to pay attention to the size of the bread, so that everyone receives a fair share.

The next worker in line uses a rolling pin to flatten the chaneh, and sprinkles sesame seeds on its surface. They may also add in other seeds, such as poppy, but sesame is the most common. Then they place the bread inside the hearth, usually by making it adhere to an interior wall of the furnace, or plac-

ing it flat inside the hearth. The last worker taking part in bread making watches the bread loaves, grabs hold of them, and brings them out when they're ready. They place the hot, fresh loaves of bread on the table in front of the customers.

Traditions of bread buying in Iran

In Iran, you must wait in a line to buy bread. These lines are usually long early in the morning, and in the evening, at approximately 5-8 p.m.

Instead of a single-use plastic bag, most customers bring a piece of cloth in which they will wrap the bread in order to carry it home. They will acquire their loaves and then let them rest on a wired table provided for this purpose so that the bread can cool. Iranians hold bread in

high regard. They recognize a lot of care and tenacity goes into growing, harvesting, and milling wheat, as well as baking the bread, and that is something to hold sacred. They ensure that no piece of bread would fall to the ground; if they see such a thing occur, they might pick it up, devotedly kiss it, and place it on a ledge or shelf, well above ground. In some cities in Iran you can purchase bread online.

The most popular Iranian breads

The most common and popular Iranian breads include: Lavash, Barbari, Sangak, Taftoon, Naan-e Jo, Naan-e Gandom, Naan-e Sabzidar, Naan-e Khoshke Tanoor, etc. In every region, on top of the breads mentioned above, breads are baked that are specifically suited to the climate, such as spicy or sweet breads.

Leisure is a teenager's informal education



Social Desk

The Director of Tehran's Student Psychological Services and Counseling Center, Zahra Mostadam, has emphasized the importance of optimizing the use of leisure time for teenagers.

She stressed that all institutions and organizations working in the youth sector should collaborate to ensure this, IRNA reported.

Mostadam highlighted that the concept of leisure has become a significant concern in contemporary society. Today's teenagers and young adults, she noted, are selective about how they spend their free time, often viewing it as an opportunity to invest in personal life. This shift has led to a decline in deep emotional-family relationships and participation in extended family gatherings, as young people increasingly lean towards individualism and cultural transformation.

The proliferation of virtual spaces and media facilities, Mostadam explained, has diminished direct communication between teenagers and their families. As reliance on these devices grows, life has become more passive for these young individuals.

The official warned that certain behavioral approaches, such as the passive confrontational approach, could expose teenagers and young adults to social harm. This could lead them to adopt harmful thought systems, competing with both healthy and unhealthy lifestyles.

She further elaborated that these choices for spending free time come with a mix of positive and negative information, transforming the teenager into a shaper. This could potentially rob

adolescents of their agency – their independent ability to act based on personal will.

Mostadam cited expert psychological research to argue for the provision of active free time conditions for teenagers and young adults, as opposed to passivity.

"Being active in free time," she said, "will foster creativity and dynamism in teenagers and young adults. Society today needs to nurture a generation with positive self-esteem and should provide an active structure for identity and personality development, particularly in children, teenagers, and young adults."

Mostadam underscored that leisure time is, in essence, an informal education period for teenagers. She urged for the identification of the open windows of adolescent life in this area, and the development of programs for each psychological opening. This would bolster personal growth, social skills development, frustration tolerance, resilience, and psychological well-being. She stressed that the optimal use of teenagers' and young adults' free time, as the future generation of society, necessitates the consensus of all organizations active in the youth sector, as well as fundamental and interdisciplinary thinking and decisions.

Mostadam reminded that many of today's new phenomena, such as unplanned leisure or passive leisure, are the result of industrial developments and the increasing complexity of human life. Therefore, she concluded, how this opportunity of free time is utilized will significantly impact the growth, creativity, and initiative of teenagers and young adults.

Iran's Regional Music Festival underway

Arts & Culture Desk

The 16th Iran's Regional Music Festival is currently being held in a national scope from June 27 to July 14.

The festival, organized by the Iranian Music Association in collaboration with the Cultural and Islamic Guidance Departments of various provinces nationwide, is non-competitive in nature, according to IRNA. The event, hosted by five provinces, namely Golestan (June 27 to 29), Chaharmahal and Bakhtiari (July 1 to 3), East Azarbaijan (July 5 to 7), Kermanshah (July 8 to 10), and Kerman (July 12 to 14), is overseen by Mohammad-Ali Mer'aati as the secretary and is carried out under the auspices of the Music Office of the Ministry of Culture and Islamic Guidance.

In Golestan province, the festival came to an end on June 29 after showcasing four captivating folk music performances of different styles.

For a span of three days at the city's Varna venue, various musical groups hailing from the provinces of Golestan, Tehran, Mazandaran, Qazvin, North Khorasan, and Alborz entertained the crowd with their distinctive folk and local music in a non-competitive festival, the report added.

Although the festival was traditionally held annually in Kerman, southern Iran, last year the organizers decided to move it to Gorgan, reportedly due to a lack of technical infrastructure at the central hall of the city that was supposed to accommodate the participating musicians.



The 15th festival concluded with the introduction of the Lotfi Medal by the organizers.

The medal is named after Mohammadreza Lotfi, the late master of stringed Iranian instruments and

composer, who worked with great musicians such as vocalist Mohammadreza Shajarian.

The decoration will be awarded biennially to musicians with outstanding works. In the pre-

vious year, the festival welcomed four musical groups from Turkey, Tajikistan, Uzbekistan, and Afghanistan alongside various ensembles originating from diverse regions of Iran.