



*Maman
Tahereh*®

Maman Tahereh Products, various types of
Pickles, Jam, Marmalade, Sauce, Extract, Ghee, etc.
Please contact us through

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MamanTahereh.ir





Honey

Natural

Add goodness of pure **honey** and its honey comb to your peanut butter sandwich and try that instead of the customary PB jelly sandwich. Enjoy your honey in its purest, healthiest and tastiest way!

This pure **Honey** by **Maman Tahereh** has smooth texture and flowery aroma/ flavor. Natural piece of honey comb has been packed with this product adding to medicinal/nutritional value of this product. Long chain fatty acids and alcohols found in honeycomb provide cardio protective effects.

Reduction of LDL cholesterol, increasing HDL are accomplished by fatty acids. Alcohols in honey comb have been shown to have antioxidant effects helping liver health and function.



Ginger Powder

Organic

70 gr

250 gr

Ginger Powder is more than just a delectable spice to add flavour to your dishes. Ginger's has a spicy flavor, rich and warm aroma. Ginger is commonly used in baked goods, soups, tea, and Indian and Asian dishes.

A teaspoon of **Onion powder** contains 24 mg of potassium, a nutrient that helps to regulate blood pressure. Healthy muscle and bone contraction, digestion and heartbeat are other bodily functions that rely on an adequate intake of potassium.

Onion Powder is always made from IRAN-grown onions. So convenient, it makes it easy to add savory richness to just about any dish-from soups and sauces to vegetables, chicken and hamburgers.

Onion Powder

Organic

250 gr

70 gr



Paprika Spices

Organic

70 gr

250 gr

Maman Tahereh Paprika Spices is as delicious as it is vibrant and organic. The spice carries sweet, earthy, smoky, piquant, slightly bitter, and fiery flavors. Too often we find ourselves reaching for paprika as a splash of color for our food. The Maman Tahereh offers paprika to add richness and depth to your recipes.

This very high quality paprika from the best region of IRAN fields. Our paprika is the paprika of choice for classic dishes like goulash, cabbage rolls, and stuffed bell peppers.

Try **Maman Tahereh** sour **Cherry Jam** to taste the simplicity of Nature and the flavour of fresh fruit. It contains only fruit sugars and is made in a traditional artisan way to guarantee the genuine taste and the creamy consistency of the typical homemade jams.

Ideal spread on bread or rusks, is also excellent as sweets ingredient or added to yoghurt and ice cream. Top toast or bagels, use as a base for desserts such as tarts or turnovers, a topping for ice cream or on its own, hot or cold served with a dollop of whipped cream.

Velvety texture with the sharpness of the **Maman Tahereh Cherries**, not for the faint-hearted. Real fruit taste without the overpowering sweetness of the added sugar. Made with the ripest hand selected **Maman Tahereh Cherries jam** in the peak of the season by a traditional method in a copper cauldron.



Cherry Jam

fresh

70 gr 250 gr 500 gr 1 Kg

Carrot Jam

fresh



1 Kg 500 gr 250 gr 70 gr

Carrot Jam has always been popular in Middle Eastern cultures, and found in 12th century recipes right up to the modern day.

Maman Tahereh's Carrot Jam is unique in its balance of savory and sweet. This wonderful Jam pairs wonderfully with sweet dried fruits such as apricots or dates or even heartier nuts such as pistachios. Try it along side your favorite cup of tea and some fresh baked bread.

This unique Murabba comes in a lovely glass container with resealable lid. **Maman Tahereh's Carrot Jam** Contains No Artificial Flavors or Preservatives.

Quince Jam is one of the most traditional jams among Iranians. This specific product has been made using only the highest quality crops to augment final taste and resultant experience!

Maman Tahereh Jam products are made with fresh fruit, cardamom, sugar and vanilla extract. For best results, try this product with our fresh Barbari bread and Abali khameh/sarshir.

Quince Jam

fresh



- 1 Kg
- 500 gr
- 250 gr
- 70 gr



Pumpkin Jam

fresh

- 70 gr
- 250 gr
- 500 gr
- 1 Kg

Brighten up your morning with this Sweet Maman Tahereh's Pumpkin Jam. It is made from the highest quality ingredients, and contains no preservatives or additives. This delicate, naturally sweet Pumpkin Jam is the perfect addition to toast, scone or pastry.

Our Iranian products are carefully crafted by small, family owned businesses and are made using traditional recipes and techniques, which are handed down from one generation to the next.

Cow Oil

Natural



- 1 Kg
- 500 gr
- 70 gr

Cow Ghee is sourced from grass-fed cows, therefore, it has a good presence of K2, butyric acid and CLA (Conjugated Linoleic Acid). CLA is a natural fatty acid that has anti-cancer and anti-oxidant properties that help in digestion, strengthens the immune system and also help in weight loss.



70 gr

1 Kg

Bandari Pickled

Delicious

Are you tired of all those “semi good” “Torshi” out there? Then this product by **Maman Tahereh** is a must try!! This “Torshi” has a wonderful blend of dried herbs and spices to include coriander seeds, black seed, and Angelica powder which gives it a truly exceptional taste and quality.

Experience the true pure joy it adds to your meal!!

Maman Tahereh's Pomegranate Paste slightly sweet syrup is an essential for exploring Middle Eastern cuisine. Pomegranate molasses are similar in taste to tamarind or sumac. Combined with walnuts and some crispy Persian rice, it is the foundation for a festive Persian fesenjan.

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Pomegranate Paste

Delicious



70 gr

250 gr

1 Kg



70 gr

1 Kg

Litteh Pickled

Delicious

Maman Tahereh's “Litteh Pickled” is packed with tender baby vegetables, herbs and spices to add unforgettable flavor. Fragrant Persian herbs and spices aroma, crispy consistency of the chopped baby vegetables and authentic Persian style pickled “Litteh” taste are the highlights of this product.

Enjoy it with any mixed rice dish such as “Loobia Polo” or with any more traditional dishes such as “dizi”! Add some flavor and excitement with a true Persian flare to your dinner table.