

# Most popular Persian sweet snacks

Food is an essential part of a country's culture. In Iran, you won't be running out of options when it comes to food and snacks, in particular.

Whether you're more into sweets or salty treats, you'll find a large variety of Persian snacks to enjoy along your trips. To get you ready, here is an introduction to the yummiest popular treats in Iran, *surfiran.com* wrote.

While Iranians aren't much into desserts, they do have many kinds of sweets, some of which are perfect for accompanying a cup of tea. As delicious as they are, they're also pretty caloric and sugar-filled, so watch out for the excesses!

## Gaz



● [tasteatlas.com](http://tasteatlas.com)



Gaz is a beloved Persian sweet made with rose water, pistachios, and sugar. It is a soft, chewy nougat that is both delicate and flavorful. Gaz is often served as a dessert or snack.

There are two main types of gaz: Isfahan's gaz and Kerman's gaz. Isfahan's gaz is made with rose water and pistachios, while that of Kerman is made with saffron and almonds. Both types of gaz are delicious, but they have slightly different flavors.

Gaz is a symbol of Persian culinary mastery. It is a perfect example of how Persian chefs can take simple ingredients and create something truly special. Gaz is also a reflection of Iran's rich history and culture. The rose water used in gaz is a traditional ingredient in Persian cuisine, and the pistachios are a symbol of Iran's fertile lands.

## Sohan



● [fae-magazine.com](http://fae-magazine.com)



*Sohan*, a treasured Persian delight, is a combination of wheat flour, sugar, saffron, cardamom, and rose water.

Originating in Qom, the capital city of Qom Province, sohan transcends a simple dessert, serving as both a popular snack and a versatile ingredient in ice cream and pastries. Often exchanged as a thoughtful gift or enjoyed during religious festivities, it embodies the essence of Persian culinary culture. If you seek a sweet with a twist, indulge in the captivating flavors and history of sohan.

## Halva

*Halva*, a luscious sweet paste, finds itself prominently embraced in India and Arab countries, although its roots trace back to Persia.

A multitude of tempting halva flavors abound in Iran, with each offering a unique taste sensation. As a treat that transcends borders, halva's evolution from its Persian origins reflects its enduring appeal, appreciated by diverse cultures as a delectable indulgence.



● [ashmazi.com](http://ashmazi.com)

## Koloocheh



*Koloocheh* is a generic word for a sweet that resembles cookies. Each region in Iran has its own koloocheh, and some are more famous than others: The fumani koloocheh, from the city of Fuman, in the northern province of Gilan, which is made with cinnamon, is the superstar of these cookies. *Kolompeh* of Kerman is similar to koloocheh, as it is a soft and dry pastry filled with dates and walnuts that is also very popular.



● [topcooking.ir](http://topcooking.ir)

## Zoolbia and bamieh



● [rokna.net](http://rokna.net)

*Zoolbia* and *bamieh*, the twin stars of Ramadan's indulgent array, are exceptional deep-fried delights, akin to the beloved churros. Exclusively gracing tables during this holy month, these treats bring a burst of sweetness to the fasting period. *Bamieh*, with its enticing saffron and rose water infusion, captures the essence of Persian



flavors. These delectable morsels, once fried to golden perfection, become the perfect canvas for the syrup's sweet embrace.

*Zoolbia*, a kindred spirit to *bamieh*, boasts the same saffron and rose water allure, tantalizing the taste buds with their unique blend. The deep-fried texture, when combined with a generous drizzle of honey or syrup, creates a heavenly experience that sweetens the spirit of Ramadan's gatherings.

Both treats symbolize the unity and togetherness of Ramadan, offering not only a delicious respite from the day's fast but also a shared joy during iftar, the fast-breaking evening meal of Muslims, when families and friends get together to enjoy these exquisite confections.

## Faloodeh and bastani



● [noktechi.ir](http://noktechi.ir)

One can't go to Iran without trying *bastani*. *Bastani* is the Persian word for ice cream, and the most popular of all is traditional (sunnati) saffron ice cream. The texture is a bit different and thicker than other ice creams, and it has pistachios in it. Another refreshing treat is *faloodeh*, made of thin frozen noodles that are served in a syrup of sugar and rosewater. The best *faloodeh* are usually from Shiraz and Yazd.



## Basloq



*Basloq*, a beloved delicacy, enjoys widespread popularity during Nowruz, the Persian New Year, with its roots tracing back to East Azarbaijan Province. This soft, tantalizing sweet is crafted from a delectable blend of sugar, fragrant

rose water, and gelatin, creating a delicate texture that melts in the mouth.

Traditionally adorned with the rich nuttiness of walnuts and the delightful hint of coconut powder, *basloq* showcases the artistry and ingenuity of Iranian con-

fectionery. Its presence during Nowruz festivities highlights its significance as a symbol of new beginnings, adding sweetness to the celebratory atmosphere of the holiday.

*Basloq* exemplifies the essence of Nowruz, embodying the joy

and hope that this special occasion brings to households across Iran. This treat, both culturally significant and exceptionally delicious, invites everyone to join in the festivities and indulge in the rich flavors of Iranian traditions.