Tajrish Market: An Old Market in Northern Part of Iran’s Capital

The Tajrish bazaar, located in the northern parts of Tehran, is one of the oldest areas of Tehran, Shemiran district and is close to Emanza-deh Saleh Mausoleum as well as Ve- lenjak, Darband and Darakeh Mountain resorts. The name Tajrish is driven from the language of Teh which was the official language of Shemiran before choosing Tehran as the capital. Tajrish Bazaar was built according to architectural styles of other traditional bazars in Tehran. Some of the arches have been destroyed in con- struction of new-day, multi-story buildings and some of the traditional identity has been transformed by growing urbaniza- tion but for the most part the bazaar has been maintained of its original architec- ture. Above each store they have their store name scripted in mosaic tiles. The bazaar is covered and has many passage ways leading to different sections where a visitor can purchase goods. A visitor can find everything from spices, dairy, clothes, fabrics, nuts & dried fruits, traditional cookware, fruits & veggies and so much more. The fruit & vegetable market is one of the most popular attractions of the ba- zaar, as you can find local and foreign produce. The stunning historical shrine of Emanza-deh Saleh is located adjacent to the bazaar, with access from inside. Emanza- deh Saleh contains the tomb of Saleh, a son of Imam Musa al-Kadhim, the sev- enth Shiite Imam. At the entrance to the shrine, people hand out sweets and dates. An interesting point about this bazaar is the name of each store which is carved on the beautiful appearance to the market.

Estil Lagoon in Astara

Seven kilometers off the center of the city, Estil lagoon is located by the Astara– Saleh road. The 138 acre water is one of the top tourist attractions of Iran’s northern province of Gilan.

Medical Tourists Visiting Iran are mostly from Neighboring States

Patients from Iraq, Azerbaijan, Armenia and the Persian Gulf littoral states constitute the largest number of travelers who visit Iran annually for medical services. The Ministry of Health registered some 105,000 inbound pa- tients over the past Iranian calendar year (March 2016-March 2017), a majority of them came from the abovementioned neighboring countries, ISNA quoted a tourism official as say- ing on Friday. Currently, 35 authorized institutes facilitate such services in the country, Mohammad Ali Fayazi, secretary of the medical tourism steering council, affiliated with the Cultural Heritage, Tourism, and Handicrafts Organization, said. “Our preference is that accepting foreign patients to hospitals in Iran should be done through [such] authorized institutions,” he added. In an interview with the Tehran Times, Vahidreza Mohebpour, who presides over the medical tourism department of the Ministry of Health, asserted that the total number of travel- ers visiting the country for medical purposes can go beyond 300,000. “We have a report of 105,000 patients, however, the number of patients admitted in all the hospitals is much higher than reported and their total number is more than 300,000,” he explained. “Cost-effective, high quality, and adequate services have always been the very items on top of our tourists’ agenda when it comes to select a target country for its medical services,” Mohlepour added. Iran has launched extensive plans to bolster its tourism sector. Under its 2025 Tourism Vision Plan, the country is expecting to in- crease the number of tourism arrivals from 4.8 million in 2014 to 20 million in 2025.

Remains of two-legged Dinosaurs Found in Alborz Mountains

Iran and China in a joint archeo- logical expedition discovered re- mains of a two-legged dinosaur in Alborz Mountains, northern Iran. It was reported “Through the joint expedition underway in Iran’s Alborz mountains, a number of archeologists from Iran and China have found fossils of some two- legged dinosaurs, according to Chinese state-owned newspaper, The People’s Daily. The Alborz Mountain is a moun- tain range in northern Iran that stretches from the border of Azerbaijan along the western and entire southern coast of the Caspian Sea and finally runs northeast and merges into the Aladagh Mountains in the northern parts of Khorasan.

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Directions:
1. - Carefully, Spoon out the egg yolks into a small bowl without damaging the whites.
2. - Mash the egg yolks.
3. - Stir in mayonnaise, dijon mustard, black pepper, garlic powder, onion powder, and buffalo wing sauce.
4. - Stir until all the ingredients are thoroughly mixed.
5. - Using a pastry bag and a tip of your choice, fill the egg whites with the mixture.
6. - Garnish the eggs with smoked paprika.

How to make perfect boiled eggs

Directions:
1. - Hard boil and peel the eggs.
2. - Cut the eggs lengthwise.
3. - Stir in mayonnaise, dijon mustard, black pepper, garlic powder, onion powder, and buffalo wing sauce.
4. - Using a pastry bag and a tip of your choice, fill the egg whites with the mixture.
5. - Garnish the eggs with smoked paprika.

Deviled Eggs

Eggs are well studied for the benefits and nutrition values. Eggs contain high amounts of vitamin A, vitamin D, vitamin E, and most of all vitamin B12. They are also very high in Selenium, riboflavin, and phosphorus. Most of the vitamins are placed in the egg yolks. Egg whites are very high in protein and minerals. If you are not a big fan of boiled eggs, deviled eggs may make you change your mind.

Ingredients:
- Hard Boiled Eggs
- How to make perfect boiled eggs
- 1 Tsp Mayonannaise
- 1/2 Tsp Dijon Mustard
- 1/2 Tsp Onion Powder
- 1/2 Tsp Garlic Powder
- 1 Tsp Buffalo Wing Sauce
- Black Pepper
- Smoked Paprika

Preparations:
1. - Carefully, Spoon out the egg yolks into a small bowl without damaging the whites.
2. - Mash the egg yolks.
3. - Stir in mayonnaise, dijon mustard, black pepper, garlic powder, onion powder, and buffalo wing sauce.
4. - Stir until all the ingredients are thoroughly mixed.
5. - Using a pastry bag and a tip of your choice, fill the egg whites with the mixture.
6. - Garnish the eggs with smoked paprika.