



Islamic Republic of Iran
Ministry of Foreign Affairs

MFA DIGEST

CENTRE FOR PUBLIC DIPLOMACY



Zayandeh Rud river of Isfahan

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MFA NEWSLETTER

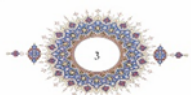
On the sidelines of the foreign ministerial BRICS summit and the 'Friends of BRICS' meeting in Cape Town, South Africa, Iranian Minister of Foreign Affairs, Hossein Amirabdollahian, held meetings with his counterparts from India, Russia, UAE, Gabon, South Africa, Brazil, Saudi Arabia, Cuba and Union of Comoros.





MFA NEWSLETTER

Iranian Minister of Foreign Affairs Hossein Amirabdollahian held separate phone conversations with his counterparts from Oman, Turkey, Iraq, Venezuela, Belgium, Denmark, Afghanistan and the Secretary General of the United Nations.





Mulla Sadra, most influential Islamic philosopher after Avicenna

Mulla Sadra



Every year, Iranians commemorate May 22 as the Mulla Sadra National Day, a great Persian and Islamic philosopher, mystic and theologian who is considered the most influential Islamic philosopher of the last four centuries and the most significant Islamic philosopher after Avicenna.

Sadr ad-Din Mohammad Shirazi, also known as Mulla Sadra, was born in Shiraz in 1571. He died in Basra, Iraq, in 1635, when he was going on the Hajj pilgrimage. His tomb is located in Najaf, Iraq.

Mulla Sadra is considered the master of the

Illuminationists or of the Ishraqi school of philosophy, a fundamental figure who synthesized the many traits of the philosophy of the Islamic Golden Age into what he called Transcendent Theosophy.

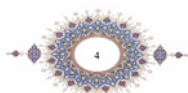
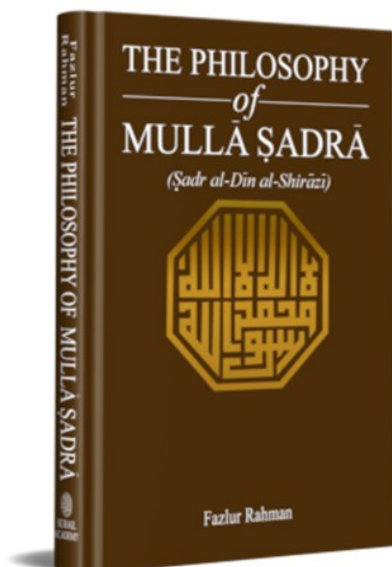
Mulla Sadra brought "a new philosophical vision in dealing with the nature of reality" and created "an important transition from the very essential to existentialism" in Islamic philosophy.

The philosophy of Mulla Sadra ambitiously synthesized the Avicenna school, the Enlightenment philosophy of Sohrawardi, the Sufi metaphysics of Ibn Arabi, and the theology of the Ash'ari and Twelver schools.

His main work is the Transcendent Theosophy in the Four Journeys of the Intellect, or simply the Four Journeys.

The famous Persian scholar was the leader of the cultural renaissance in the 17th century in Iran. He lived during the Safavid dynasty and played a key role in developing the Islamic and Iranian culture at that time.

Mulla Sadra House is a historical building and a tourist attraction in Kahak city, Qom province, central Iran, where he lived for fifteen years.





Top Things Iran Is Famous For: Iranian Caviar

Iranian Caviar



Iranian Caviar is one of the most expensive foods in the world and also one of the most delicious and nutritious foods in the world.

The Caspian Sea is home to a variety of fish and aquatic creatures, however, it is mostly known for caviar. More than 90% of the world's caviar is obtained from the Caspian Sea. It is also considered a precious souvenir from Iran.

When it comes to Iranian exports, a few things come to mind: oil, rugs, pistachios, and caviar. With the finest sturgeon coming from the waters of the Caspian Sea, caviar is one of the country's main exports.

Caviar History



From the Persian word khâviyâr, caviar refers to the roe from wild sturgeon, and the earliest records date back to the 4th century B.C. It is said that the people of the Persian Empire were the first to taste caviar, believing it had medicinal properties and was a source of energy (a widely-held belief still today).

It also made an appearance during the Roman Empire, but the heaviest consumers of caviar were arguably the czars of old Russia. It's perhaps for this reason that even though the Persians are credited with preparing caviar by salting the roe, it was the Russians who defined it as a luxury.

Iranian Caviar varieties

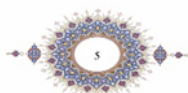
Caviar Varieties



Persian Caviar comes from the Northern provinces of Iran, including Gilan, Mazandaran, and Golestan.

By far the most expensive caviar on the planet, it fetches an average price of \$25,000 per kilogram! It's no wonder that the term Almas means "diamond" in Russian.

Iranian caviar is marked by its ancient and seductive qualities, with tastes and aromas that one simply cannot find anywhere else, it is quite accurately described as the stuff of dreams, the result of a marriage between the sublime Caspian Sea and the prehistoric sturgeon.





Top Things Iran Is Famous For: Iranian Caviar

Iranian Caviar health benefits



Caviar is rich in vitamins and minerals such as omega 3, vitamins A, E, B6, Iron, Magnesium and Selenium.

Because of its rich nutrition, Iranian Caviar helps to boost the immune system, prevent cancer and decrease the risk of heart diseases!

The vitamin A present in caviar is also good for improving your eyesight.

Harvest of Iranian Caviar



In the past, sturgeon were intoxicated with a rubber mallet to protect them from moving their tail. They then emptied the caviar and sold the meat. However, today, due to the dwindling number of these fish, the

eggs are removed from the fish belly through the cesarean operation method, and some of the eggs are left in the fish belly for later spawning.

The fish are then quarantined in special pools for three months, after which they are marked and returned to the sea. This process can be done up to six times for each fish.

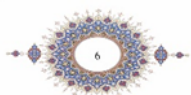
Iranian caviar is arguably the best on the planet thanks to the unique conditions of the southern Caspian Sea.



Serving Iranian Caviar

Whether pasteurized or fresh, caviar should always be chilled when served. Caviar should be served and eaten in amounts smaller than a tablespoon.

Beluga caviar is usually served by itself on toast. Silver can react to caviar and leave a poor metal taste in your mouth, as this is a commonly used metal in silverware, that's why traditionally caviar is not served with any kind of metal spoon. Caviar spoons are usually made of pearl or bone. They are usually about three to five inches long with an oar-like shape. Some caviar spoons can be quite ornate.





Khayyam Neyshabouri; Iranian genius on peak of world



May 17, 2022, is the commemoration day of the Iranian famous scholar Hakim Umar Khayyam, a philosopher, mathematician, astrologist, harmonist, and a poet of the famous Robaiyat (Quatrains) of Khayyam who lived in the era of Seljuk dynasty.

The name of this Iranian poet and philosopher is ranked beside the four great poets of the world, namely Homer, Shakespeare, Dante, and Goethe.

Hakim Omar Khayyam Neyshabouri, an Iranian poet, was born in 439 AH in Neyshabour, northeastern Iran, and died in the year 517 AH.

Omar Khayyam's full name was Ghiyath al-Din Abu'l-Fath Umar ibn Ibrahim Al-Nisaburi al-Khayyami.

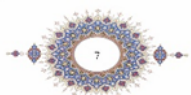
He is popular for several mathematical and scientific discoveries. He was the first to provide a solution for cubic equations. He also provided geometric solutions for the same by the intersection of conics.

Khayyam's list of contributions also included a solar calendar near-precise 33-year intercalation cycle, known as the Jalali calendar. Jalali later became the base of many other calendars.

Besides mathematics and philosophy, Khayyam also contributed to Literature.

His fame in the west, however, rests upon the translation of the English writer Edward Fitzgerald of his poems in the book the Robaiyat of Omar Khayyam.

Khayyam keeps returning to a specific message in many of his quatrains, one which stresses the importance of living for today, because the future is uncertain and life is fleeting. His works often contemplate the riddle of life, and give voice to mankind's doubts, regrets, and fears.





Society & Culture

IRAN, UZBEKISTAN TO SHARE EXPERIENCES IN PRESERVATION OF HISTORICAL HERITAGE



The political, security, and social deputy of Isfahan Governorate (central Iran) emphasized the need to share knowledge and capabilities between Iran and Uzbekistan in the field of preservation of historical heritage.

Mohammadreza Jannesari, the political, security, and social deputy of Isfahan Governorate, in a meeting with "Shohret Mahmoudov", the deputy of cultural heritage and tourism of Uzbekistan, referring to the cultural closeness between the two countries of Iran and Uzbekistan, said: "If we look at the historical monuments of the two countries, there are many commonalities, the reason for which is the friendship and brotherhood between the two nations from many years ago."

He added: "The two nations have a very deep feeling of brotherhood with each other, and this is the feeling that stands out in the national symbols of the two countries."

Shohrat Mahmoudov, Deputy Director of Cultural Heritage and Tourism of Uzbekistan, also pointed out the cultural commonalities between Iran and Uzbekistan and emphasized the need to use Iran's experiences in the field of cultural heritage protection and said: "We have started renovations in the city of Bukhara, and in this regard, we need the help of Iranian masters, and we want to create educational workshops and exchanges of ideas so that this great art and science can be shared."

DETAILS OF IRAN-RUSSIA TOURISM COOPERATION AGREEMENT

The Deputy Minister of Cultural Heritage, Tourism, and Handicrafts of Iran announced the items Iran and Russia agreed on, on the sideline of the Russia-Islamic World: Kazan Forum event in Kazan, said Ali Asghar Shalbafian, Deputy Minister of Cultural Heritage, Tourism, and Handicrafts of Iran.

A comprehensive tourism cooperation agreement between Iran's Ministry of Cultural Heritage, Tourism and Handicrafts and Russia's Ministry of Economic Development and with Tatarstan was signed.

By signing the MoU on tourism cooperation between Iran and Russia, the two countries took a big step in increasing the number of tourists.

A comprehensive MoU on tourism cooperation between Iran and Russia was signed early on Friday by Ali Asghar Shalbafian, and Dmitry Vakhrukov, Deputy Minister of Economic Development of the Russian Federation in Moscow.

The document is important and facilitates the travel of citizens between the two countries, Shalbafian and Vakhrukov said.

Shalbafian stated: Facilitating the issuance of tourist visas, and visa waivers for tourists who come to Iran in groups, supporting private sector activists in tourism on the two sides, helping to develop the infrastructure of the tourism industry, providing services needed to tourists, and increasing the number of flights to different cities of Iran and Russia are among the items that were agreed on.





Society & Culture

IRAN'S BASTANI SONNATI NAMED BEST IN WORLD

Iran's traditional ice cream "Bastani Sonnati" has been ranked as the world's best frozen dessert by @TasteAtlas, an experiential online travel guide for traditional foods. "Faloodeh" and "Havij Bastani" are also listed among the best.

Bastani sonnati is a unique saffron-infused Iranian ice cream that was invented at the beginning of the 20th century by Akbar Mashti, the first ice cream vendor in Tehran. This frozen treat is made with a creamy mixture of milk or cream, frozen custard, and sliced pistachios. It is flavored with rose water and saffron and traditionally incorporates salep, an ingredient extracted from wild orchids. The vibrant yellow color and exotic flavors make bastani one of the favorite Iranian sweets. Iranians prefer to enjoy it in individual bowls, sprinkled with shredded pistachio, or served within two plain wafers, when it's known as bastani nooni ice cream sandwich.

tasteatlas CURRENT RANKING (MAY 2023) Best Frozen Desserts in the World

1		Bastani sonnati	4.7	26		Gelato alla vaniglia	4.2
2		Queso helado	4.7	27		Tartufo (collectively)	4.2
3		Dondurma	4.6	28		Bacio gelato	4.2
4		Frozen Custard	4.6	29		Gelato allo zabaione	4.2
5		Sorbets	4.5	30		Kulfi falooda	4.1
6		Gelato al pistacchio	4.5	31		Gelato al fior di latte	4.1
7		Affogato	4.4	32		Frozen Yogurt	4.0
8		Patbingsu	4.4	33		Ice Cream Sandwich	4.0
9		Faloodeh	4.4	34		Ice Cream Float	4.0
10		Gelato al cioccolato fondente	4.4	35		Granita di mandorla	4.0
11		Clotted Cream Ice Cream	4.4	36		Hokey Pokey Ice Cream	4.0
12		Granita (collectively)	4.3	37		Sundae (collectively)	3.9
13		Semifreddo	4.3	38		Parfait	3.9
14		Kulfi	4.3	39		Gelato alla crema	3.9
15		Gelato cioccolato	4.3	40		Gelato di caffè	3.9
16		Granita al limone	4.3	41		Ice Cream Cake	3.8
17		Stracciatella	4.3	42		Fried Ice Cream	3.8
18		Gelato al limone	4.3	43		Halo-Halo	3.8
19		Tartufo di Pizzo	4.3	44		La dame blanche	3.8
20		Gelato alla nocciola	4.3	45		Banana Split	3.7
21		Havij bastani	4.3	46		Granita di caffè	3.7
22		Limber	4.3	47		Piragua	3.7
23		Gianduia gelato	4.3	48		Gelato alla pesca	3.7
24		Milkshake	4.2	49		Gelato alla fragola	3.6
25		Brownie Sundae	4.2	50		Soursop Ice Cream	3.6

www.tasteatlas.com/frozen-desserts



Persian Potato Patties Recipe (Kuku Sibzamini)



Kuku / Kookoo Sibzamini – Potato patties are one of the classic picnic bites in Iran. They are also perfect to serve as an appetizer in parties, or even are best for a light dinner or lunch!

This vegetarian Persian dish is made of a few simple ingredients such as potatoes and eggs.

The term “Kookoo / Kuku” is given to a group of Persian dishes that are mostly made with different vegetables combined with eggs. This type of food is usually fried or baked. There are different kinds of kookoo made with different ingredients.

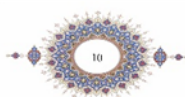
Kookoo Sibzamini is one of the most popular types of Kookoo with a crispy outside and a soft texture inside, mainly made with potatoes and eggs.

Potatoes were brought to Iran in the late 19th century. “Sib-Zamini” is what we call potato in Farsi, “Sib” means apple and “Zamin” means the ground/earth.

Potatoes are widely used in most cuisines. They are usually added for more flavor and texture to the food or as a side dish, however, in this case, it is a dish on its own.

Ingredients:

Cooked potatoes, eggs, onion, salt, pepper, turmeric, saffron, dried mint, bread crumbs, oil





TRADE & ECONOMY

IRAN: SECOND LARGEST DATES PRODUCER IN THE WORLD



The President of the National Iranian Date Association, said that last year 1.3 million tons of Dates were produced in the country, between 20 and 30 percent of them are exported to target countries each year.

The president of the National Iranian Date Association pointing out that Iran has the second rank of the world's date production added that of the 75 export destinations of Iranian Dates the most exports to the United States and China are done.

IRAN, OMAN TRADE ON RISE

Customs of the Islamic Republic of Iran announced that Iran-Oman trade has reached more than 1.8 billion dollars.

Customs of the Islamic Republic of Iran announced that the trade between Iran and Oman



in 2022 reached \$1.800 million, with the share of Iran's exports to Oman being more than \$ 1 billion.

According to the customs of the Islamic Republic of Iran, the export share to Oman aggregated more than \$1 billion and the share of imported goods from Oman to Iran reached about \$ 850 million.

The most important goods exported to Oman in 2022 were crude oil, unalloyed iron and steel ingots, and semi-finished products of unalloyed iron or steel.

IRAN READY FOR BRICS MEMBERSHIP

The Deputy Foreign Minister of Iran for Economic Affairs says the country is ready to get membership in the BRICS economic group.

BRICS is recognized as one of the emerging economies, which includes Brazil, Russia, India, China, and South Africa.

Mahdi Safari said on Monday that BRICS member states have not yet defined the criteria for adding new members thus being in the process of writing the criteria.

Safari said: "With the capabilities we enjoy, we can easily adapt ourselves to their criteria."





SCIENCE AND TECHNOLOGY

IRAN, OMAN URGE BOOSTING TIES IN HEALTH SECTOR



Iran and Oman's health ministers, on the sidelines of the World Health Assembly meeting in Geneva, emphasized the expansion of bilateral cooperation in the field of health.

Iran's Minister of Health, Bahram Einoollahi, in a meeting with "Hilal Bin Ali Al-Sabati", Minister of Health of Oman, pointed out the need for regional cooperation to deal with diseases and reminded: "The crisis of the Coronavirus pandemic has shown that no country alone can prevent infectious diseases from entering its territory."

While announcing the readiness of the Ministry of Health of the Islamic Republic of Iran to expand health cooperation with Oman, Einoollahi added: "This cooperation can be formed and strengthened in the field of health tourism, as well as exchanging professors and students, health measures and combating diseases."

The Minister of Health of Oman also voiced his country's readiness to expand regional and joint cooperation with Iran in the field of health and said: "The exchange of medical professors

between the two countries will lead to the promotion of public health and medical knowledge."

Hilal bin Ali al-Sabati considered the facilitation of health tourism as one of the other areas of strengthening the relations between the two countries.

TEHRAN, KABUL INK MOU ON MEDICINE, HEALTH EQUIPMENT

The Food and Drug Organization of the Ministry of Health, Treatment and Medical Education of the Islamic Republic of Iran and the National Administration of Food and Spices of Afghanistan signed a memorandum of understanding for the supply of medicine, goods, and health and medical equipment.

According to Iran Press, this memorandum of understanding was signed in Tehran on the sidelines of the visit of Abdulbari Omar, the head of the National Food and Spices Administration of Afghanistan, and Haider Mohammadi, the head of the Iranian food and drug organization (FDO), in order to develop and consolidate cooperation in the pharmaceutical sector.





SPORTS

IRAN WINS C'SHIP TITLE OF 2023 BISHKEK WRESTLING CUP



Achieving 5 golds, 1 silver, and 2 bronzes, Iran's Greco-Roman Wrestling team stood in first place in the Bishkek Ranking Series 2023 tournament.

Iran Press/ Asia: Daniyal Sohrabi in the 67 kg weight category, Mohammad-Ali Geraee in the 77 kg, Alireza Mohmedi in the 82 kg, Mohammad-Hadi Saravi in the 97 kg, and Amin Amirzadeh in the 130 kg won the gold medals.

Mohammad-Reza Geraee, who failed against his Georgian rival in the 72 kg weight category, sufficed for the silver medal.

Mahdi Mohsen-nejad in the 60 kg weight category and Iman Mohammadi in the 63 kg managed to win the bronze medals.

Therefore, with a total of 175 points, Iran's Greco-Roman wrestling team stood first in the tournament, Uzbekistan stood in second place with 148 points, and Georgia stood in third place with 139 kg.





SPORTS

IRANIAN PARA-SHOOTER WOMAN WINS GOLD IN WSPS 2023



The Iranian para-shooter woman, Nasrin Shahi, won Iran's first gold medal in the 2023 World Shooting Para Sport held in South Korea.

Nasreen Shahi and Faezeh Ahmadi, Iran's national para-shooters, competed with their opponents in the preliminary stage of P2 - Women's 10m Air Pistol in the WSPS World Cup and made their way to the final stage.

Nasreen Shahi and Faezeh Ahmad finished 1st and 4th respectively.

Iran's Mohammad Reza Amini and Masoumeh Khodabakhshi won a silver medal in the R11-mixed team SH2 10-meter stand-up air rifle, in the men's section.

IRANIAN WOMAN BRINGS GOLD IN BAKU TAEKWONDO C'SHIP



For the first time, the Iranian woman taekwondo player snatched the world's gold medal in Iranian women's taekwondo history.

Managing to ascend to the finals of the 2023 Baku Taekwondo Championship, Iran's Nahid Kiani knocked out her rival from China in the -53 kg weight category 2-0 and for the first time in the history of Iran, won the world's gold medal for Iranian women's taekwondo.

In the first round Kiani overcame her rival 14-0 and in the second round won the fight 10-7.

Earlier, Kiani had defeated rivals from South Korea, Hungary, Croatia, and Russia in order to ascend to the finals.

Also, Iran's team of men's taekwondo players, Matin Rezaee and Ariyan Salimi, ended its work with two bronze medals.

The competitions held in Baku, Azerbaijan's Republic, from 29 May to 4 June will count towards Olympic qualification and will determine the world's best taekwondo players.

IRANIAN WOMAN WINS GOLD AT ERZURUM SPRINT FLAG CUP 2023

Iranian woman sprinter Hamideh Esmailnejhad claimed a gold medal at the Erzurum Sprint Flag Cup 2023.

She crossed the finish line in 11:43 seconds at Ataturk University Stadium.

Esmailnejhad also broke the 100 meters Iran's women's record by just 0.01.



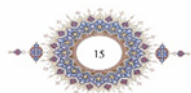


SPORTS

IRAN'S TAREMI BECOMES LIGA PORTUGAL'S TOP SCORER



Iranian forward Mehdi Taremi has become the top scorer in the Portuguese football league system's top level Liga Portugal. Taremi sealed his position as top scorer in Liga Portugal's 2022-2023 edition with 22 goals after his team FC Porto finished second in the league. He outperformed Gonçalo Matias Ramos of the league's winners Benfica who scored 19 goals this season. Taremi was nicknamed the Persian Gulf Boy after celebrating his 100th match in Porto's jersey on August 20, 2022.





FOREIGN MISSIONS IN IRAN

The highest executive authorities of the two countries met to launch Iran-Pakistan electricity project



Pakistan Embassy Iran
@PakinIran

Pakistan Prime Minister Muhammad Shehbaz Sharif & Iranian President Dr. Ebrahim Raisi at the inauguration of 100 MW Gabd-Polan Electricity project on Pakistan-Iran border on 18 May 2023.

@MoWP15
@ForeignOfficePk
@rahimhayat
@PakPMO



Raisi visits Indonesia, a new age of bilateral relations to start



Sekretariat Negara
@KemensetnegRI

1. Presiden Joko Widodo dan Presiden Republik Islam Iran, Seyyed Ebrahim Raisi, membahas situasi geopolitik dunia dan menyepakati sejumlah kerja sama dalam pertemuan bilateral keduanya di Istana Kepresidenan Bogor, Provinsi Jawa Barat, Selasa (23/05/2023).

[Translate Tweet](#)



Economy Development Deputy minister of Russia estimates the future of Iran-Russia trade turnover to be prosperous



Russian Embassy, IRI
@RusEmbIran

Economic Devel. Dep. Minister Dmitry Volvach

By the end of the year, we plan to sign a permanent free trade agreement between the Eurasian Economic Union and Iran.

In 2022, the trade turnover between the EEU and Iran increased by 23% to \$6 billion.



Impressed by the infrastructures Iran prepared for refugees, UN Resident Coordinator for Iran visited Iran -Afghanistan border



United Nations Iran
@UN_Iran

طی بازدید اخیرم از مهمان‌شهر تربت جام، شاهد همکاری خوب بین نهاد های سازمان ملل متحد و ایران بودم و تحت تاثیر پروژه های آموزشی، بهداشتی و سرپناهی که برای حمایت از پناهندگان آسیب‌پذیر افغان انجام شده است، قرار گرفتم.

[Translate Tweet](#)

Stefan Priesner @stefan_priesner · Jun 1

Delighted to share impressions of my recent visit to Torbat-e-Jam Refugee Settlement, where I witnessed the good collaboration between UN agencies and Iran. Impressed by education, health, and shelter projects undertaken to support vulnerable Afghan refugees. #LeaveNoOneBehind





DISCOVER IRAN IN PICTURES

DARAK VILLAGE IN SE IRAN, WHERE DESERT MEETS THE SEA

The beautiful Darak village in Sistan and Baluchestan province is the only place in Iran where you can see the desert, the sea, and the palm trees in one scene.

