

Iranian New Year Dishes

Persian Sabzi Polo with Fish



Sabzi polo (Persian: *پلو سبزی*) is an Iranian (Persian) dish of rice and chopped herbs, usually served with fish. In Persian, *sabz* means green, and *sabzi* can refer to herbs or vegetables. Polo is a style of cooked rice, known in English as pilaf.

The herbs used in sabzi polo vary, but typically include coriander, dill, chives or scallions, fenugreek, and parsley. It can be done with both, fresh and dried herbs.

Iranians traditionally eat sabzi polo with "white fish" for lunch on Nowruz, the Iranian New Year, with their family and relatives.

Ingredients

- 6 cups water
- 4 cups uncooked long-grain white rice
- 3 tablespoons vegetable oil
- 1 bunch fresh dill, chopped
- 1 bunch fresh parsley, chopped
- 1 bunch fresh cilantro, chopped
- 1 leek or 10 green onions, chopped
- 1 potato, cut into 1/4" slices (optional)
- Ground turmeric to taste
- Ground cinnamon to taste
- 5 strands saffron, crushed
- 2-teaspoon salt
- 2-teaspoon pepper
- 4 filets white fish (tilapia, Trout, salmon, etc.)
- 1 cup flour

Directions

Prep: 20 m

Cook: 55 m

Ready In: 1 h 15 m

1. Soak the rice in lukewarm water for at least 1 hour but up to 6 hours; the longer you soak the rice, the fluffier it will be. After soaking, in a large saucepan bring water to a boil. Rinse rice; stir into boiling water. Boil just until rice rises to the surface of the water.
2. In the stockpot (which should still be warm), add the 3 tbsp. vegetable oil and line the bottom of the pot with potato slices. These potato slices will prevent the rice from drying and will also be delicious and crispy when the rice is done cooking. Alternatively, you can omit the potato, which will give the

bottom rice a nice, golden crunchy layer (called Tahdig). Drain rice and return it to the stockpot. Mix in the dill, parsley, cilantro, turmeric, cinnamon, 1 tsp. salt and pepper. Cook the rice over medium heat for 5 minutes. Reduce heat to the lowest setting. Cover and simmer for 40 to 45 minutes.

3. In a skillet, warm the olive oil over medium/high heat for 1 minute. Combine the flour, salt, pepper, and turmeric in a shallow pan. Dredge the fish filets in the flour mixture, one at a time. Add the filets to the skillet. Cook for 3 minutes, carefully flip the fish, then continue to cook until the fish is done, about 3 more minutes depending on the thickness of the filets. The fish is done when it just starts to. If cooking the fish in batches, add more olive oil with each batch. Serve over the herbed rice.



Enjoy!

Puffy Walnuts

- 6 egg yolks
- 2 cups powdered sugar
- 1 ½ walnuts
- ½ teaspoon vanilla extract

Preheat the oven to 350 F degrees.

Put the egg yolks to the fridge for up to 10 minutes.

Whisk the egg yolks and vanilla and powdered sugar in a food processor for at least 10 minutes. This step is the key to have a very firmed cookie. While the batter is processing, chop the walnuts use a sharp knife and a cutting board. Don't make very small pieces.



Mix the batter with chopped walnuts into another bowl with the spatula.

On a cookie pan with parchment paper, place a teaspoon of the batter on it, leaving an inch apart each piece of batter. Bake them for 10 to 15 minutes. Don't let the cookies turn to brown.

Cool them in wire rack and you can keep them in fridge for up to a month!!!! And yes they are gluten free!!

I personally decrease the amount of sugar :)

Zaban Pastry

- puff pastry 1 package
- honey 5 tablespoons
- water 1 or 2 tablespoons
- sugar and coconut and pistachio for sprinkling

Preheat the oven to 450 F degrees.

Thaw the puff pastry dough for one hour.

Take out the parchment paper from the layers of the dough. Dab the dough with the rolling pin to open it. Then roll out the dough to reach half of a centimeter height. Cut out the borders to have a rectangle.

Mix the honey and water together in a small bowl. Brush all over the dough. Make smaller rectangles like 2" - 4". Place them on a cookie pan with parchment paper. With a sharp knife make a line in the middle of each pastry.

Put the pan in the fridge for 10 to 15 minutes.

Take the pan out from the fridge and sprinkle the pastry with sugar. Bake in the oven for 5 minutes at 450 F degrees and then 15 minutes at 350 F degrees.

Cool them on a wire rack. Brush them with the honey mixture when they are completely cooled. Sprinkle with powdered pistachio or coconut if desired. You can keep them in an airtight container for just a few days.

