

PERSIAN NEW YEAR DINNER

Kookoo Sabzi

Ingredients:

2 cups flat-leaf parsley, finely chopped
2 cups green onions, finely chopped
1 cup dill, finely chopped
1 cup cilantro, finely chopped
2 tablespoons walnuts, chopped
*optional
5 large eggs
1/3 teaspoon turmeric
1 teaspoon salt
1/2 teaspoon pepper
4-5 tablespoons vegetable oil or olive oil



Method:

1. In a large mixing bowl, beat the eggs well with a whisk.
2. Then add all the above ingredients except the oil and mix thoroughly until well blended.
3. In an oven proof baking dish place the oil.
4. Gently pour the herb mixture into the dish evenly, cover lightly with an aluminum foil and place in a 350 degrees Fahrenheit pre-heated oven for 40 minutes.
5. Half way through cooking, remove the foil. Once cooked, remove from oven and allow to cool for a few minutes before cutting it into small pieces.

Place on a serving platter. Kookoo could be served hot or cold with warm bread and mast o khiar and torshi (pickles).

Recipe from Turmeric & Saffron, <http://turmericandsaffron.blogspot.com/2009/03/kookoo-sabzi.html>

Kashke Bedemjan

Ingredients:

3 medium Chinese or Italian eggplants, peeled
4 TBSP vegetable oil
1 large garlic clove, minced
½ cup water
½-1/2 tsp salt
¼ tsp freshly cracked pepper
½ cup walnuts
1 large yellow onion, peeled and diced medium
3 TBSP vegetable oil
2 tsp crushed dried mint leaves
¾ cup Greek yogurt or kashk
A few fresh mint leaves add a nice touch as garnish

Method:

1. Cut the peeled eggplants in half or quarters lengthwise.
2. Heat 4 TBSP vegetable oil in a medium nonstick skillet over medium high. Arrange the eggplants in a single layer in the skillet. Cover the skillet and fry the eggplants for about 7 minutes, or until golden brown on one side. Flip over the eggplants, cover again and fry the other side for another 5-7 minutes, or until the eggplants can easily be poked with a fork. Don't leave the eggplants unattended. The high heat will burn them very quickly.
3. Meanwhile in another skillet heat 3 TBSP oil over medium heat and fry the diced onion until golden brown.
4. Try this easy method for mincing the garlic: With the food processor running, drop the garlic through the feed chute and process for a few seconds, or until uniformly minced.

5. Add the minced garlic, water, salt, and freshly cracked black pepper to the skillet with the fried eggplants. Cover and cook over low heat for about 15 minutes, or until the eggplants are very tender and all the water is cooked off. Turn the heat off and mash the eggplants with a fork or a potato masher to small pieces.
6. In the same food processor add ½ cup walnuts and process until very fine, about 1 minute. Do not over process, walnuts are soft and tend to turn to a paste very quickly.
7. Once the fried onions are golden brown remove the skillet from the heat and add 2 tsp crushed dried mint leaves. Stir to combine and set aside. Reserve 3 TBSP fried onion and mint mixture for garnish.
8. Add the rest of the onion mixture along with the processed walnuts to the mashed eggplants. Give it a good stir to blend well.
9. Stir in ¾ cup Greek yogurt to the eggplant mixture until uniformly blended.
10. Transfer the eggplant mixture to the serving bowl. Sprinkle the top with the reserved fried onion and mint mixture. Add optional fresh mint leaves for garnish
11. Serve warm or at room temperature with toasted flat bread or French Baguettes.



Recipe from Persian Mama, <https://persianmama.com/eggplant-and-walnut-dip-kashke-bedemjan/>

Sabzi Khordan: Persian Assortment of Fresh Herbs

Ingredients:

Use a bunch of each of the following herbs (if available):

Basil
Tarragon
Mint
Chives
Parsley
Cilantro
Dill
Scallion/Green onion
Radish
Watercress

Method:

1. Trim the vegetables and remove the stems of parsley, dill, cilantro, basil and mint. Remove the leaves of radishes and the green parts of the scallions, (you may serve them if desired). Make sure every vegetable is trimmed into small and bite-size pieces.
2. Wash all vegetables thoroughly including packaged herbs in a clean sink (I soak all vegetables in a large bucket, rinse and wash several times, making sure all parts are clean).
3. Place in a colander and get rid of the excess water (I also use a salad spinner).
4. Place on a platter and serve.

Recipe from Turmeric & Saffron, <http://turmericandsaffron.blogspot.com/2010/04/sabzi-khordan-persian-assortment-of.html>



Salad Shirazi

Ingredients:

3 medium sized cucumbers, preferably seedless
3 small firm tomatoes
1 small onion
3 tablespoons olive oil
2-3 tablespoons lemon or lime juice, freshly squeezed
1 teaspoon dried mint *optional
Salt and pepper to taste

Method:

1. Cut tomatoes, cucumbers and onion into small pieces and place them into a salad bowl and gently mix.
2. Add salt, pepper, dried mint, olive oil and lemon juice, mix well and serve chilled or at room temperature.



Recipe from Persian Mama, <https://persianmama.com/cucumber-tomato-salad/>

Toot

Ingredients:

Makes about 15

2 cups ground almonds
1 1/2 cup confectioners sugar
3 tablespoons rosewater
1 teaspoon ground cardamom
1/2 cup white granulated sugar
2 tablespoons slivered pistachios



Method:

1. In a bowl combine ground almond, confectioners sugar and cardamom, then gradually add the rosewater and mix the ingredients into a soft paste. Set it aside for half an hour.
2. Take a small piece of marzipan, form a ball and shape into a toot.
3. Place each toot on a plate and sprinkle with granulated sugar, covering all sides.
4. Place a slivered pistachio or almond on top of each toot.

Arrange on a candy platter and serve.

Recipe from Turmeric & Saffron, <http://turmericaffron.blogspot.com/2011/01/toot-mulberry-persian-style-marzipan.html>

Naan Berenji

Ingredients:

500g rice flour
200g confectioners sugar
250g oil or butter
1/2 cup rose water
2 eggs
Poppy seeds

Method:

Mix butter, sugar and egg yolks and beat until soft. Beat egg whites separately until they thicken. Add rosewater, flour, and egg whites to the mix and stir well. Pour the mix in a plastic bag and keep in the refrigerator for 24 hours.

Spread the dough on a flat non-stick surface to a thickness of 0.5 cm. Cut with a cookie-cutter, and cook in the oven at 300F for 15 to 20 minutes. Colour should not change much.

Recipe from Culture of Iran, http://www.cultureofiran.com/noruz_popular_dishes.html



Nokhodchi Cookie



Ingredients:

1 cup unsalted butter
1 1/2 cups confectioners' sugar
2 to 3 teaspoons ground cardamom
1/4 teaspoon fine sea salt
1 tablespoon rose water
2 1/2 to 3 1/2 cups triple-sifted, roasted chickpea flour
1/4 cup slivered raw pistachios, for garnish

Method:

Combine the butter, sugar, cardamom (to taste), salt and rose water in the bowl of a stand mixer or hand-held electric mixer; beat on low speed to combine, then increase the speed to medium and beat for about 5 minutes, until light and creamy. Stop to scrape down the bowl. Add the chickpea flour and beat on low speed for 1 minute or until the dough is no longer sticky; add some or all of the remaining chickpea flour as needed.

Line a rimmed baking sheet with a silicone liner or parchment paper, then dust it with some of the remaining chickpea flour. Place the dough on the dusted surface; knead until the dough is soft and pliable. Let it rest for 5 to 24 hours in a cool dry place.

Flatten the dough and shape it into a 3/4-inch-thick square. Cover the dough with a large sheet of plastic wrap; gently use a rolling pin to even out the surface of the dough without losing any thickness. Refrigerate for 1 hour; this will make the dough easier to cut.

Preheat the oven to 300 degrees. Line 2 baking sheets with silicone liners or parchment paper.

Unwrap the dough. Use a 1 1/4-inch cloverleaf-shaped cookie cutter to form 35 to 40 cookies, spacing them 1/2 inch apart on the baking sheets. Insert a sliver of pistachio vertically at the center of each cookie.

Bake one sheet at a time (on the middle oven rack) for 25 to 30 minutes or until the cookie bottoms are a light golden color. Transfer the baking sheet to a wire rack to cool; bake the second sheet of cookies.

When the cookies on the first sheet have thoroughly cooled, use an offset spatula to transfer them to a platter or storage container; be careful, as these cookies crumble easily.

Recipe from The Washington Post, https://www.washingtonpost.com/recipes/chickpea-cookies-nan-e-nokhodchi/12484/?utm_term=.161b1dff8bbb