

# Iranian Dolmeh and Sweets

## PERSIAN DOLMEH

1/2 lb ground meat (beef/lamb)	2 cloves garlic
1 tbsp tomato paste	1 cup pasta sauce
2 cups onion, chopped	1 tsp Pomegranate molasses (can substitute with balsamic vinegar)
3/4 cup rice	1 tbsp lemon juice (optional)
3/4 cup yellow lentil	1 jar grape leaves in brine
3 cups parsley	
2 cups mint	
1 cup chives	Oil
1 tbsp dried or fresh tarragon	Salt & pepper

1. Soak the rice and lentils separately overnight.
2. Remove grape leaves from jar, place them in a colander, rinse under cold water and drain. Remove the stems from the leaves.
3. Sauté the chopped onion in a saucepan with some oil for a few minutes, then add the ground meat and tomato paste. Season with salt and pepper.
4. Rinse the yellow lentils and rice and add to a large pot with enough cold water to cover them. Add salt and pepper. Bring to a boil and cook for 10 minutes until they are tender but not cooked completely. Drain and set aside.
5. Chopped the herbs finely using a food processor or by hand.
6. In a large bowl add the herbs, crushed garlic, salt, spices, rice, lentils, and meat. Toss to combine.
7. To wrap grape leaf: Place one of the grape leaves on a plate. The leaves are going to be different sizes and it takes anywhere from 1 tsp to 1 TBSP of stuffing to stuff them. Bring the edges of the leaf from four sides and overlap to cover the stuffing snugly to create a small square bundle no larger than 1 ½ inches. Cover the bottom of a small 3-qt saucepan with couple of leaves to prevent the stuffed dolmeh from sticking to the bottom of the pot.
8. Place the square bundle of dolmeh with the overlapping side down. Continue making the rest of the dolmeh and place them next to each other very tightly until the bottom of the pot is completely covered without any space between the bundles of dolmeh. This is to make sure that the bundles do not shift and open during the cooking process.
9. When all of the dolmeh(s) are wrapped and layered, place a heat proof plate over the top layer, this is to prevent the dolmeh from shifting and becoming unwrapped.
10. Mix the tomato sauce with pomegranate molasses and lemon juice in a bowl. You can adjust the amount of pomegranate molasses and lemon juice to your desire. Some people like sauce to be tart while others like it more mild.

11. Pour tomato sauce mixture over the dolmeh. Bring it to a boil over medium heat and immediately reduce the heat to medium low and cook for 40 minutes.

*Recipe adapted from: <https://persianmama.com/dolmeh-barg-stuffed-grape-leaves/>*

## HAJ-BADOOM

Yields: 20-30 cookies

Bake time: 15-18 minutes

3 egg yolks  
150g powdered sugar  
1 teaspoon cardamom powdered  
1/3 teaspoon baking soda  
1/8 teaspoon nutmeg  
1/2 teaspoon of brewed saffron (optional)  
½ teaspoon of rose water (optional)  
Almond meal as needed to make a soft dough (3/4 to 1 cup)

1. Pre-heat the oven to 350° F
2. Cover two small baking trays with parchment paper and set aside.
3. In a stand mixer or with a hand mixer, mix egg yolks with powdered sugar until pale in color and creamy
4. Add saffron, cardamom, nutmeg, rose water, and baking soda and mix well
5. Slowly add almond meal and mix it in with a spoon or with your hand until you have a smooth dough that you can roll in the palm of your hand without sticking to your hand.
6. Take a small piece of the dough, almost the size of hazelnuts, roll in the palm of your hand and place on the tray leaving about an inch in between the cookies
7. Bake for 10-12 minutes or until the cookies are golden brown at the bottom and when you crack one open they're fully cooked inside. Remove from the oven and let cool.
8. Haj-badoom has to be kept in an air tight container and away from humidity.

*Recipe adapted from: <https://www.zozobaking.com/blog/haj-badoom>*