

LOOBIA POLO (RICE AND GREEN BEANS)

10 cups rice
1 lb Green beans
1 small can Tomato paste
1 big can Tomato sauce
1 lb Ground beef
1 big White Onion
Few wings and couple potatoes for bottom of the pan
Olive oil
Salt, pepper, cumin, turmeric, beef seasoning

Bring water to a boil and a spoon of salt in a big pot then add the rice and wait for 10 mins. Then rinse off and set aside.

In a big saucepan add some oil and chopped onion and toss them occasionally. When the onion becomes tender, add the beef and all other spice except cumin. Add the tomato paste and stir until beef is cooked.

Chop the green beans and put them in the pan. Stir for another couple of minutes, and then add the tomato sauce. Cook for ten mins.

Cook the wings in water with salt for half an hour. Peel the potatoes and slice them into 1 cm or a third of an inch rounds!

Cover the bottom of another big pan with wings and potatoes. Add oil and a cup of water and place it on the stove with high heat for a few mins until the water boils. Put one layer of rice, then one layer of the meat sauce. Repeat until all is used. Sprinkle some cumin on top. Place the lid on the pan. Turn the heat down to medium after 10 mins. Cook for about 30 to 40 mins. Then, it is ready and you can enjoy!

SHIRAZI SALAD

Mini/Persian cucumbers
Tomato
White onion
Lemon or lime juice

For each 2 mini/Persian cucumber size, use 1 tomato and half of a medium onion.

Dice the cucumbers, tomato, and onion. Add lemon or lime juice. Add your choice of garnish, such as cilantro or parsley. Add salt and dried mint and enjoy!

BASLOGH! DESSERT!

2 cups of shredded coconut
1 cup walnut
2 glasses of cold water
1 glass of wheat starch
1 glass sugar
¼ tsp rose water
1 tbsp lemon juice
1 tbsp gelatin powder
25 grams unsalted butter
1 teaspoon cardamom

Dissolve the starch into 1 glass of cold water set aside for 10 mins and stir occasionally.

Meanwhile dissolve the gelatin into 3 tbsp of hot water.

Then dissolve the sugar in the other glass of water in a saucepan and bring it to boil on high heat. Add the cardamom and some saffron if you want. When it's boiled, bring it to a very low heat and wait for few mins and then add the starch. You should stir the pot constantly for at least 30 to 40 mins. Then add the rose water and the gelatin and stir. You will be done when it has a dense creamy texture.

Fill a 2 inches deep plate with the coconut. Make some holes and place walnut in each hole. Use a spoon or bags to fill the holes. Gently cover them with some coconut. Cover it with plastic wrap and place in the fridge for at least 2 hours.