

Persian Cooking Class - April 4, 2009

Mehdi Saadat

Yogurt Salad

Ingredients:

- 2 containers plain yogurt (32 oz)
- Red onion, grated
- chopped
- Salt
- Dill
- Saffron

Directions:

- Mix together all ingredients (reserve saffron and dill) and season with salt to taste
- Garnish the bowl with dill and saffron that's steeped in warm water



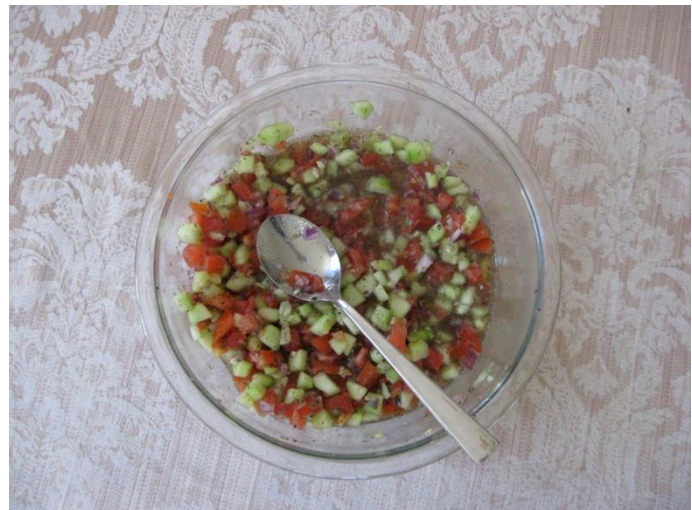
Fresh Vegetable Salad

Ingredients:

- Tomatoes, diced
- Cucumbers, peeled and diced
- Red onion, finely chopped
- Olive oil
- Balsamic vinegar

Directions:

- Mix all ingredients vegetables together
- Drizzle with oil and vinegar
- Serve cold



Chicken Kabab

Ingredients:

For the chicken:

- 1 teaspoon ground saffron dissolved in 2 tablespoons hot water
- 1/2 cup fresh lime juice
- 2 tablespoons olive oil
- 2 large onions, peeled and thinly sliced
- 2 teaspoons salt
- 2 teaspoons freshly ground black pepper
- 3 pounds boneless chicken cut into 1 1/2 inch pieces
- 6 flat, sword like skewers



To garnish:

- 2 limes, cut in half
- Parsley sprigs

Directions:

For the chicken:

- In a large bowl, combine half the saffron water and the lime juice, olive oil, onions, salt, and pepper. Add the pieces of chicken and toss well with marinade. Cover and marinate for at least 8 hours and up to 2 days in the refrigerator. Turn the chicken twice during this period.
- Start a bed of charcoal 30 minutes before you want to cook and let it burn until the coals glow evenly. (You can use a hair dryer to speed up the process.) Otherwise, preheat the oven broiler.
- If you like, you can skewer the tomatoes.
- Spear wings, breasts, and legs onto different skewers (they require different cooking times).

To garnish:

- Spread flat bread on a serving platter. Remove the grilled chicken from skewers and arrange the pieces on the bread. Garnish with lime juice and sprigs of parsley. Cover the platter with more bread.
- Serve immediately with fresh garnishes. Other options include: torshi (Persian pickles), and french fries. Nush-e Jan!



Khoresht Fesenjan

Ingredients:

- Chicken pieces, 1kg (2 pounds)
- Ground walnuts, 500 grams(1pound)
- 2 onions
- Pomegranate paste, 2 glasses
- Sugar, 2-3 spoons
- Salt and pepper

Directions:

Wash the chicken pieces, peel onions and slice thinly. Boil the chicken, onion with salt, pepper and turmeric to be well done. Then, Add ground walnuts and let it to be cooked for 30 minutes. After that add the pomegranate juice or paste (if using pomegranate paste, add 2 more glasses of hot water and bring to slow boil). If pomegranate juice or paste is sour, add some sugar (if you want the khoreshst sweater add more sugar) to the khoreshst.

Care should be taken to cook the khoreshst long enough so that the oil in walnuts comes out and the mix becomes quite thick. Khoreshst fesenjan should be served with white rice.



Persian rice (Chelo)

Ingredients:

- 1 1/2 cups long-grain rice (preferably basmati or jasmine)
- Water
- Salt
- ¼ stick of butter
- Russet potato, thinly sliced

Directions:

- 1- Clean the rice with warm water and let it sit in a bowl of water for 1 to 2 hours; add two table spoons of salt into the water.
- 2- Pour water into a large saucepan and wait until it boils. Add rice and boil for 10 minutes. After boiling, drain the rice in a colander and rinse a little under warm water.



- 3- In a 2 to 3 quart nonstick saucepan, melt a ¼ stick of butter. You can put some sliced potatoes at the bottom of the pan and then pour the rice over the potatoes making a mountain like shape.
- 4- Then poke some holes with the end of the spoon in the rice. Let rice cook at medium temperature until steam comes out of the holes. Once steam rises lower the temperature to moderately low.
- 5- In a small bowl mix, some butter and three table spoons of water and pour on the rice. Cover pan with a kitchen towel wrapped around the pan's lid. Cook the rice over moderately low heat until tender and a crust forms on bottom, 30 to 35 minutes.



Note: The white rice we made was garnished with saffron (dissolved in warm water), slivered pistachios and almonds drizzled with above saffron mixture), and barberries.

Baghali Polo

Ingredients:

- 1 recipe Steamed Rice
- 1 package (10 ounce) frozen baby lima beans, thawed
- 14 tablespoons butter
- 3 cups freshly chopped dill
- 3 medium potatoes, cut into 1/2 inch slices (optional)
- 1/4 teaspoon saffron threads crushed and steeped in 2



- tablespoons hot water
- Salt and freshly ground pepper to taste

Directions:

- Prepare Steamed Rice . Melt 4 tablespoons butter in a non-stick 6-quart saucepan. Arrange potato slices in single layer in saucepan.
- Spread one-third of prepared rice over potatoes. Salt and pepper. Cover with half of lima beans, and half of dill. Cover with half of remaining rice and remainder of lima beans and dill. Top with remaining rice. Keep ingredients mounded high in center so steam can circulate. Sprinkle 1/4 cup water over rice. Slice remaining butter, place over rice. Cover rice with waxed paper. Wrap cover of pot in kitchen towel and place over saucepan to keep steam inside.
- Cook over medium-high heat 8 minutes, reduce heat to low, and cook 35 minutes or until rice is soft and fluffy.
- Set 1 cup rice aside. Mound remaining rice on serving dish. Remove potatoes from saucepan with spatula and place around rice or in separate dish. Sprinkle reserved cup of rice with saffron and mix well. Spread saffron rice on top of plain rice. Season with salt and pepper.