

## 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.

Spears 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!



## Koobideh Kabob:

### Ingredients:

1lb ground meat (beef, lamb, or chicken)  
1/2 onion (finely diced)  
Some parsley leaves (finely chopped)  
1/2 teaspoon salt (if you like salty, add a little more)  
1/2 tablespoon turmeric powder  
A few dashes of black pepper powder  
Some cooking oil (for brushing purposes)  
2 big Garlic  
some flour



### Direction:

Put the meat, turmeric powder, garlic, and salt into a food processor and blend quickly. Transfer the meat to a bowl and mix well with the diced onion and chopped parsley. Chill the meat in the refrigerator for at least 30 minutes (this is to make sure that it's easier to thread the meat onto the skewers).

Fire up your grill and thread the meat onto regular metal skewers or flat metal skewers (preferred). Brush the kabob with some oil and grill until they are cooked. Serve hot and juicy.

## **Barg Kabob:**

### **Ingredients:**

1 lb Lamb meat chopped in small pieces  
1 Yoghurt (better to be sour)  
1 Onion, finely chopped  
some Salt  
some black pepper



### **Direction:**

The Chopped lamb meat has to be mixed with Yoghurt and salt and be kept in refrigerator for one night.

And then it has to be threaded onto the skewers and be grilled on the grill.

## **Khoreshte Gheime:**

### **Ingredients:**

1lb of lamb (no bones and cut into chunks)  
1 cup of split peas (yellow)  
2 medium-sized budemjan ( eggplant)  
4 cups of water  
1 large onion  
Oil  
2-3 tablespoons of tomato paste  
2-3 dried limes (or lemon juice)  
Salt to taste  
Black pepper (just a pinch) optional  
Turmeric (half a teaspoon)  
A large pinch of saffron  
A tin of tomatoes or a large beef tomato (chopped)



### **Direction:**

Chop the onion and gently fry in a little oil until it begins to turn golden.

Add the meat, salt and pepper and the turmeric, stir well and continue to cook until the meat is brown. then Cover with water, add the lime juice, tomato paste, saffron and simmer gently over a low heat for about an hour and a half or until the meat is tender. You may need to add a little more water.

Meanwhile boil a pan of water, add the split yellow peas and cook for 20 mins. Add the split yellow peas and stir in. Then Take a frying pan, heat some oil and when hot place the sliced eggplants in the oil and cook until golden. Dont forget to turn them.

About 15 mins before you are ready to serve add the eggplants but avoid stirring in case you break up them up. just allow them to sit on the surface of the khoresht and absorb the flavors.

finally you can add the fries on top of it. Ready to serve!

## Baghlava:

40 pastry sheets  
1/2 pound walnut  
2 spoons cardamom  
2 spoons cinnamon  
3 spoons sugar  
1 bar Butter

for the syrup:

3 cups of sugar  
3/2 cup of Water  
Rosemary flavor



Directions:

First, the tray must be covered with a little oil not to let the ingredients stick on it. then the first layer of the pastry should be put on and butter will cover the whole layer and again one layer pastry following by butter covering. this process continues until 10 layers are ready.

after that, we put the dried nuts we prepared on top of the last layer and again some butter. and then the first process (10 layers with butter but without nuts) will be done again. the nuts again will be on the 20th layer. these processes will be continued until it becomes 40 layers.

the it should be baked in an oven with 350 Fahrenheit degree. every few mins it has to be sprayed with the syrup which should be hot also.

## 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

