



## Madame Cookbook from Iran

# کتابخانم آشپزی ایرانی

Author: Ali Soleimani  
Translated into English: Piety de Vries

Enjoy your meal!  
Enjoy your drinks!



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## Short Notice

### اطلاعيه كوتاه

All publications from Het Talenhuis (literal translation; The House of Languages) are published digitally online.

A number of publications are also published in English, digitally and online. The English publications are a translation from the published Dutch books. Here you will find the English version of the book Mevrouw Kookboek uit Iran (translation; Madame Cookbook from Iran).

A few volunteers from Het Talenhuis have taken care of the English translation, led by Piety de Vries. All those who have contributed to the English translation are thanked, especially Patrick Veenstra.

To thank Piety de Vries as well, her foreword is included in this book, mentioning her name as the translator.

Het Talenhuis,  
Ali Soleimani.

## Preface by Piety de Vries

پیشگفتار پیٹی دِ فریس

This interesting cookbook contains many recipes of soups, kababs, meatballs, rice tables, stews and refreshing desserts. For those who do not eat meat, including myself, there are some vegetarian dishes in this cookbook and most meals can be prepared without meat or with a meat substitute, which makes it easier to cook meals for different occasions and for everyone's taste. When the temperature gets higher outside, I sometimes like to browse through the desserts because they are very easy to prepare and also very delicious!

This is the first time that I have had the honors to translate a cookbook from the original printed Dutch to English, commissioned by Het Talenhuis (literal translation; The House of Languages). What interests me is that the cookbook contains only Iranian recipes. The reason why this interests me is because I have a lot of interest in other cultures.

The names of the dishes are also printed in Farsi which makes the experience even better to cook foreign dishes.

During the translation of this book I got a look at what kind of dishes are served in Iran and what their eating habits are.

Translating Madame Cookbook from Iran was an educational experience for me.

I would like to thank the author of this cookbook, Ali Soleimani, for giving me the opportunity to translate this book, as well as anyone else who contributed with the translation of Madame Cookbook from Iran.

Bon Appétit!

Drachten, 23 may 2018,  
Piety de Vries

## In a matter of preface

مثلاً مقدمه

You shall know that the food also has a series of rituals;  
some of them follow below:

You shall begin to eat first, in case if thou are the host.

You shall finish eating last, in case if thou are the host.

You shall not eat before elderly or scholars if they are in  
your presence, unless thou are the host.

You shall not sit quietly at the table, it is advisable to talk  
about fun and pleasant topics.

You shall treat your table guests kind and honest, even give  
him or her precedence.

You shall treat a guest three times.

You shall take an open and cheerful initiative and cozily  
participate at the table.

You shall not glare at other people, when they are eating.

You shall not bring up unpleasant or rude things that might bother others.

After all, you shall know that a famous saying reads: “It does not matter what you eat, but it is important with whom you eat!”

You shall go to the table with one of which you think that the companionship pleasant is. Research has shown that a cozy table increases the appetite and reduces stress. In many cultures the table is a sacred thing for a reason. Food is a powerful tool to build a friendship with or to clear away any disagreement with. In the old days at the dinner table even a hand was asked. An oriental proverb says: “One will never ever betray someone whom one has sat at the table with!” After all a proverb says: “A guest brings blessings with him!”

Another saying sounds nice too: “The guest is a friend of God!”

A Chinese saying of wisdom says: “Do not reject an invitation for dinner, invite people for dinner!”

You shall put the table in a quiet, relaxing and appetite-inspiring place. The following points are important:

The dining table should be in a sufficient amount of light, because light has a direct effect on appetite. Candles and candlesticks are here a romantic option.

The presence of paintings with images of nature, not to mention;

Soft background music is always attractive;  
Devote sufficient time to the meal, at least half an hour, not less;

You shall eat at a set time.  
The time of breakfast is the most important, as early as possible.

An African folk-saying reads: “Human rights start with breakfast!”

An Azerbaijani wisdom also says: “Wake up ten minutes earlier, then you will have plenty of time for breakfast!”

The time for lunch is around noon and dinner four hours before bedtime.

You shall not eat, especially your breakfast, on a workbench or in front of the television, understood!

You shall know that nothing can decorate a dining table and generate appetite better than a salad.

When should this showpiece on the dining table be eaten than, or do you only look at it? There is no fixed rule for it.

The only rule for this is: “Eat the salad, don’t just look at it!

In these it is recommended that: If one is on a diet, lots of salad can lend a hand;

No cold salad on a plate with hot food;

A good salad contains tomatoes, cucumber, lettuce, onions etc.

A yogurt and cucumber-mix can replace the salad. The best one is a marriage between Mrs. salad and Mr. yogurt!

You shall know that some people are accustomed to also eat fruit with their meals. However, this is discouraged by others, but not strongly.

You shall know that drinking water when eating depends on the habit of the person in question. However, it is not advisable to drink cold water with a hot meal.

You shall know that in general the consumption of salad, vegetables, fresh herbs and dairy products are not only recommended, but are almost mandatory.

A statement from the Himalayan nation district reads: “First yogurt, then eat, then yogurt!”

After all, a rumor reads: “Breakfast from the centenarians is lifelong yogurt!”

You shall know that obviously not all of the recipes from Iran are included in this cooking book. A cooking book with all the recipes from Iran would of have a magnitude of Amsterdam to Paris! Each population group of Iran and each district has its ‘own’ recipe. There already are 12.000 registered recipes of only soup in Iran.

You shall know that in this cooking book is attempted to include the most famous recipes from Iran. Nowadays all recipes from the world can be found on the internet. The “Madame Cookbook from Iran” is just a souvenir, and not a recipe encyclopedia.

You shall know that these recipes are prepared in different ways in Iran. The method presented in this cooking book is

just one of them. These recipes are also prepared in other places in the world, and therefore they all aren't real Iranian.

You shall soon see that the vegetarian recipes are listed with 'vegetarian' and this icon on top of the recipe.



You shall by replacing meat- and chicken broth with water and replacing the meat products by nothing of the most dishes in "Madame Cookbook from Iran" make a vegetarian dish!

You shall besides a 'General table of contents' [index] (p. 5) also find 'English alphabetical index of keywords' (p. 241), a 'Phonetic alphabetical index of keywords' (p. 246) and a 'Persian alphabetical index of keywords' (p.251) in this cooking book.

You and yours will already be wished a lot of cooking- and eating pleasure. Notes and comments are very welcome!

You are thanked for your attention and everyone who has contributed so that "Madame Cookbook from Iran" could be achieved. Not to mention, those digital contributors, particularly on the internet, are also thanked for their work!

Hear me,  
enjoy your meal,  
enjoy your drinks!

Drachten, November 11th,  
Ali Soleimani.

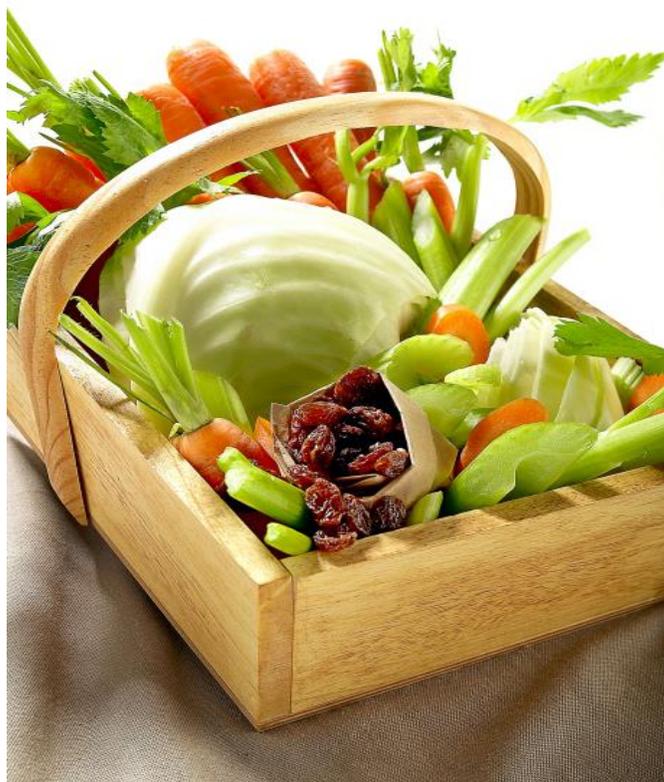
## Nota bene

توجه



It is advisable to set up all the ingredients indicated in each recipe. However, it is not a problem if one or several ingredients are missing, The missing ingredient may be replaced by another one or you can leave it out. You can always replace the ingredients you do not like with other ones, for example; turmeric by curry or vice versa!

## Preparing vegetables and herbs



آماده سازی سبزیجات و ادویه جات

Vegetables and herbs should be cleaned in advance. Put the vegetables and herbs in cold water for 15 minutes. The involving clay, sand and other dirt will hereby be removed. Put the washed vegetables and herbs in a sieve or colander. Let cold water run over it until no dirt is present. Let the washed vegetables and herbs drain out. The vegetables and herbs are now ready to use.

### **Dried beans**

Dried beans should be cleaned in advance. Wash the dried beans properly and let it soak for two to four hours, depending on the type of beans.

The beans should be cooked on low heat. The salt should be added at the last stage of the cooking process. The cooking time depends on the type of beans.

### **How to make dry vegetables and herbs ready to use?**

In general, dry vegetables and herbs should stay for 3 to 4 hours in lukewarm water before cooking. It is advisable to add a small amount of chopped, fresh lettuce and/or leeks to the dry vegetables and herbs. This gives the dry vegetables and herbs a fresh flavor.

### **Information about vegetables and herbs:**

#### **1.**

Hundred grams of dry vegetables and herbs is equal to about two kilograms of fresh vegetables and herbs. One can use hundred grams of dry vegetables and herbs instead of two kilograms of fresh vegetables and herbs.

**2.**

Dried vegetables and herbs do not need to be baked. Once the dry vegetables and herbs have stayed for 3 to 4 hours in lukewarm water, they should be removed from the water. These wet vegetables and herbs can be stirred with a small amount of fresh chopped lettuce and/or fried onions and leek to evaporate the moisture.

**3.**

One can also use pre-baked and frozen vegetables and herbs instead of fresh vegetables and herbs. In ancient times housewives baked vegetables and herbs in season when the vegetables and herbs were cheap. They preserved the baked or fried vegetables and herbs in the freezer. Some kept their baked or fried vegetables and herbs in glass jars or pots. Use the frozen vegetables and herbs straight from the freezer, do not let them thaw. This maintains the vegetables and herbs their color and flavor.

**4.**

In the old cooking books it is said that one should use an amount of 50 grams of butter with any dish with vegetables and herbs. It is recommended, however, to use olive oil instead.

## Soups



سوپ ها



## Tomato soup



### (Soup godjeh farangi)

سوپ گوجه فرنگی

(for 6 persons)

[vegetarian recipe]

Ingredients:

2 liters of chicken or meat broth

-25-

2 carrots  
1 small celeriac (or beetroot)  
1 small green bell pepper  
2 tablespoons finely chopped celery stalk  
1 big onion  
2 tablespoons finely chopped leek rings  
6 peeled tomatoes  
100 grams of chopped bacon  
Salt for taste

Cook gently all the ingredients for an hour.

When serving, garnish with parsley and grated cheese.  
Serve with Turkish bread or French bread.

Lime juice or vinegar for taste.

Eet smakelijk!

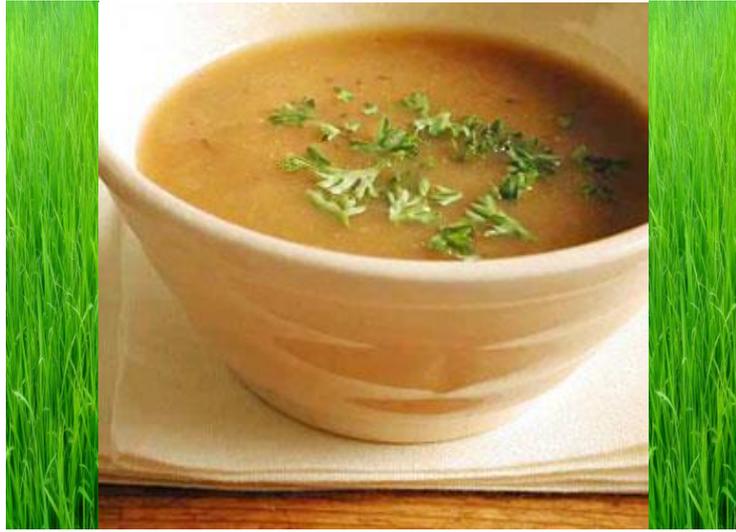
Tip:

In order to peel the tomatoes, the tomatoes may shortly be immersed in boiling water. Once the peel releases, the tomatoes can be skinned.

The microwave can also be used in this matter.

Bon appétit!

## Barley-soup



(soup djo)

سوپ جو

(for 6 persons)

[vegetarian recipe]

Ingredients:

2 liters of defatted broth

100 grams of peeled barley (without membranes)  
2 tablespoons grated carrot  
1 dl cream  
2 tablespoons flour  
50 grams of butter  
1 cup of milk  
Salt and pepper for taste

Some feel that a tablespoon of tomato purée belongs in this soup.

Let the hulled barley soak for six hours.  
Cook the broth with barley water mixture until the barley is tender, stirring occasionally. Add grated carrot.

Make the flour, butter and milk into a white sauce, and add it to the soup as well as salt and pepper for taste. Add tomato purée.

Turn down the heat and immediately add the cream and stir for a moment.  
Garnish with parsley.

Serve with Turkish bread or French bread.  
Lime juice or vinegar for taste.

Bon appétit!

## Onion soup



(soup piaz)

سوپ پیاز

(for 6 persons)

[vegetarian recipe]

Ingredients:

500 grams of onions

1 dl olive or sunflower oil

2 dessertspoons of flour  
150 gram of grated cheese  
4 glasses of water or broth  
Salt and pepper for taste

Bake the finely chopped onions in the oil until they are golden brown. Add the flour slowly until the flour becomes golden. Add water or broth and simmer for an hour. At the end of cooking add the cheese, salt and pepper.

When serving, garnish with parsley and grated cheese.

Serve with Turkish bread or French bread.

Lime juice or vinegar for taste.

Bon appétit!

## Noodle soup



**(ash reshteh)**

آش رشته

(For 6 persons)  
[vegetarian recipe]

This soup looks a bit like the Dutch pea soup!

Perhaps it wasn't an easy task to prepare noodle soup in ancient times, because the preparation of the ingredients required a high degree of competence housewife. But nowadays, all ingredients are ready for sale at every grocery shop around the corner.

Ingredients:

200 grams of soup noodles (Persian: reshteh ashi)  
500 grams of fresh vegetables leeks and spinach, and fresh herbs parsley, dill and coriander in equal parts  
200 grams of beans (chickpeas, kidney beans and lentils in equal amount)  
2 tablespoons of fried onions  
2 teaspoons roasted garlic  
2 teaspoons fried mint  
1 liter of reconstituted dried curd (Persian: kashk)\*

Let the dried kashk soak in water. Mill and rub the soaked kashk to make the necessary ingredient kashk. Kashk tastes like old goat cheese.

-----  
\* kashk:

Make yoghurt curd. Put the curd into a piping bag. Apply this on a small scale in tufts on. Let these tufts completely dry for several days in a dry area.

The dried curd is dry kashk!

Let the beans soak for 12 hours.

Put the beans in a large pan and let it simmer. Add at the end of cooking the sliced vegetables and herbs, fried onions and turmeric. Dissolve the flour in a glass half-filled with cold water and add this to the mixture. Let the mixture, while stirring, boil. Add at the end of the cooking process, 10 minutes before the soup is ready, the soup noodles. Stir the mixture occasionally.

Note: the mixture should not be burned.

Serve the soup after it is finished in medium bowls. Put a layer of kashk on it and decorate it with onions, garlic and mint.

Bon appétit!

## Meal soup



**(shole-qalam-kar)**

آش شله قلمکار

(for 6 persons)

This soup looks a bit like the Dutch pea soup!

Ingredients:

700 grams of fresh vegetables: leeks and spinach, fresh herbs parsley, dill and coriander in equal parts

300 grams of beans (chickpeas, kidney beans and lentils, in equal parts)

100 grams of rice  
500 grams of meat without bone  
2 tablespoons golden fried onions  
Turmeric, salt and pepper for taste

Let the beans soak for 12 hours.

Put the beans, meat, fried onions and turmeric in a large pan and let it boil until it's cooked.

Add the rice at the end of the cooking process. When the rice is well cooked add the fresh chopped vegetables and herbs.

Let the mixture boil, and continue to stir well.

Add at the end of the cooking process, 10 minutes before the soup is ready, salt and pepper. Stir the mixture occasionally.

Note: the mixture should not be burned.

Serve the soup in medium bowls.

Bon appétit!

## Wheat porridge



**(halim)**

حليم

(for 6 persons)

Ingredients:

500 grams of boneless meat or turkey meat

500 grams of peeled wheat

2 onions  
Molten butter or sunflower oil  
Cinnamon, sugar, salt and pepper for taste

Let the peeled wheat soak for 12 hours.

Let the meat or turkey meat and onions cook. Remove the foam out of the pan during the cooking process. Add the wheat after the meat or turkey meat is done cooking. Keep stirring and continue to remove the foam as long as the wheat has not been cooked. Let the wheat porridge simmer for the last 20 minutes of the cooking process, but keep stirring so the dish doesn't burn.

Serve:

Serve the wheat porridge in a deep plate and pour some melted butter or sunflower oil over it.

Sprinkle cinnamon and sugar on top and put an end to the impatience of the hungry people.

Bon appétit!



## Salad



سالاد

The traditional salad of cucumber and tomato

(for 6 persons)

-39-



Ingredients:

1 cucumber

4 tomatoes

1 onion

2 tablespoons limejuice

Sliced bell pepper, salt and pepper to taste

Finely cut the peeled cucumber, tomato and onion, add lime juice, salt and pepper, and leave it for half an hour before serving.

In this salad, other vegetables or herbs can be added to taste, such as: Lettuce, iceberg lettuce, olive oil, cabbage etc.

## Kabab



(roasted meat)



کباب ها

-41-



## Fillet kabab



**(kabab barg)**

**کباب برگ**

(for 6 persons)

Ingredients:

1500 grams lamb fillet or tenderloin

3 onions

1 cup of odor-free olive oil

Salt and pepper to taste

1 bag of charcoal (no other coals!) for the barbecue

Slice the meat lengthwise in slices of half a cm. cut thick. The length of the slab should preferably be about 25 cm. and the width about 8 cm.

Grate and drain the onions. Collect the onion juice and add salt and pepper to the juice for taste. Marinate the meat for 12-24 hours, depending on the outside temperature. (Do not put the meat in the fridge!)

Take the meat out of the marinade and stab a long flat stainless pin in the length of every slice so that there is 5 cm pin visible at the end. Flatten the meat by softly hitting on both sides with the blunt side of a knife.

It is possible to smear your meat with a brush before or during roasting with olive oil or butter, but this is not necessary.

Put the pins about 5 cm above a very soft charcoal fire and rotate occasionally.

The meat should be roasted gently until it's cooked and certainly not dry!

You can also grill the Kabab (possibly without a pin) in the oven or in a grill pan, but charcoal tastes much better.

Serve with rice, Turkish bread or baguette and fresh salad (along with some fresh coriander or parsley and lemon slices)

Bon appétit!

## Minced kabab



**(kabab koobideh)**

**کباب کوبیده**

(for 6 persons)

-45-

Ingredients:

1500 grams of minced lamb, minced veal or minced beef if necessary (of the ribs)

2 onions

Salt and pepper to taste

1 bag of charcoal (no other coal!)

Grate the onions.

Mix the mince together with the grated onions, salt and pepper. Knead until the mixture feels a bit elastic. Shape 12 balls and roll the balls out to 25 cm long rolls.

Flatten the long rolls until they are 1 cm thick and 4-5 cm wide. Stick the long stainless steel pins lengthwise in the slices, so at the end there is 5 cm pin visible.

Roast the kababs until it's cooked on a low charcoal fire or which is also possible grill in the oven or in a grill pan (with no pins).

Serve with rice, Turkish bread or baguette, fresh salad (with fresh coriander or parsley, sumac [a Persian/Turkish acidulated mountain herb] and lemon slices)

Bon appétit!

## Chicken kabab



(kabab djoodjè)

جوجه كباب

(for 6 persons)

Ingredients:

6 double chicken breasts

1 small cup of lime juice

1 large onion  
0.5 cup of odorless olive oil  
1 teaspoon ground saffron  
50 grams of melted butter  
Salt and pepper to taste  
Charcoal (no other coals!)

Grate and drain the onions. Collect the onion juice and add salt and pepper to the juice for taste.

Cut some chicken breasts lengthwise in half, so you get slices of 1 cm thick. Let the chicken slices marinate for about 4-6 hours in the onion juice. Stick long stainless steel pins lengthwise in the chicken breasts, 2 fillets per pin. There should be 5 cm pin visible at the end. Stir the 50 grams of melted butter into the remaining marinade and rub it on the chicken breasts while grilling. Hang the pins 5 cm above a low charcoal fire and let the chicken roast gently until it's cooked.

The kabab can be grilled in the oven or in a grill pan (optionally without pins).

Serve with rice, Turkish bread or baguette and a fresh salad (with fresh coriander or parsley and lemon slices).

Are you getting Kabab from the Sultan then you will find one pen of each type listed above on your plate.

Bon appétit!

## Shishlik kabab



### (shish kabab)

شیش کباب

(for 6 persons)

Ingredients:

1500 grams of lamb fillet, sirloin, roast beef or lamb chops

3 bell peppers

6 small onions

12 small tomatoes

1 large onion

1 cup of yoghurt  
1 tablespoon of lime juice  
1 teaspoon of grinded saffron  
Salt and pepper to taste

Grate the large onions. Add yoghurt, grated saffron, lime juice, salt and pepper, mix this together.

Cut the meat into cubes of 3 cm and leave them to marinate for about 15 hours in the newly created onion mixture. Cut the bell peppers into cubes of 3 cm and the onions in half. On each pin you stick a cube of meat, a piece of bell pepper, a cube of meat, a small tomato, a cube of meat, half of a small onion, and stick another cube of meat.

Put the pins 5 cm above a very soft charcoal fire and rotate occasionally.

The meat should be gently roasted until it's cooked and certainly not dry!

You can also grill the Kabab (optionally without pin) in the oven or in a grill pan, but charcoal is much better.

Serve with rice, Turkish bread or baguette and a fresh salad (with fresh coriander or parsley and lemon slices).

Bon appétit!

## Kabab in frying pan



**(kabab tabehi)**

*کباب تابه ای*

(for 6 persons)

Ingredients:

1 kilo of minced meat

4 onions

6 tomatoes

2 teaspoons of tomato puree

2 teaspoons of sunflower, olive oil or 50 grams of butter  
Salt and pepper to taste

Grate the onion and knead it into the minced meat. Grease the bottom of a frying pan with oil or butter. Flatten the minced meat and onion mix on the bottom of the pan until it's evenly distributed.

Divide this mix in 8 equal pieces so that the heat is more evenly distributed.

Cut the tomatoes in half and grate without the peel add the tomato puree and distribute it over the meat mixture.

Place the pan on the fire. Once the mixture begins to boil, turn down the heat.

After some time, turn over the meat pieces.

Add salt and pepper at the end of cooking.

Serve with rice, Turkish bread or French bread, fresh salad (with fresh coriander or parsley, sumac [a Persian/Turkish acidulated mountain herb] and lemon slices)

These kababs can also be cooked with bell peppers, mushrooms and potatoes.

The minced meat can be replaced with pieces of meat.

Bon appétit!

## Grandmother's kabab



**(biryani)**

بريانی

(for 6 persons)

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Ingredients:

1 kilo of fat boneless meat

3 onions

4 glasses of water

Herbs or just a little amount of cinnamon and salt to taste.

Pieces of bread: for example, a sandwich or Turkish bread, baguette or pita bread.

Boil the water with the meat and the sliced onions until the meat is cooked. No water should remain in the pan. Make sure that it does not burn.

Add spices or cinnamon at the end of the boiling process.

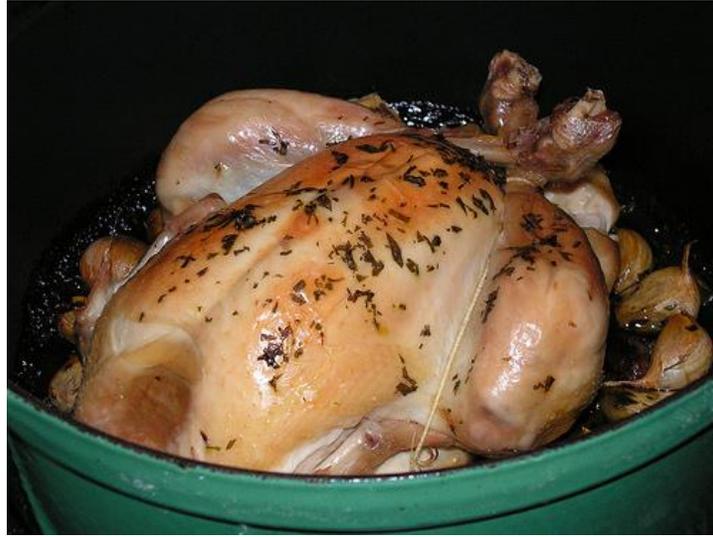
Chop the cooked meat. Put the chopped meat in a frying pan until it becomes greasy.

Serve the greasy chopped meat on a piece of bread and offer this to the hungry.

Serve with Turkish bread or baguette, fresh salad (with fresh cilantro or parsley, sumac [a Persian/Turkish acidulated mountain herb] and lemon slices).

Bon appétit!

## Stuffed chicken (or other poultry)



(morq shekam por)

مرغ شکم پر

(for 6 persons)

Ingredients:  
1 large chicken

200 grams of butter  
1 large onion  
3-4 cloves garlic  
100 grams of rice  
2-3 apples, apricots, plums or something similar, or a dried variant of these.  
500 grams of mushrooms or chestnuts  
Some fresh parsley, celery coriander  
2 slices of white bread (no crust)  
1-2 small carrots  
2 dessertspoons of meat broth  
200 grams of chicken livers  
1 egg yolk  
0,5 dessertspoon of milk  
Salt and pepper to taste

Wash the rice and boil it in lightly salted water until it is cooked tender, drain when done.

Chop the onion and bake it in half of the butter until it becomes gold brown.

Peel the apples or other fruit and cut it into small pieces.

Cut the chicken livers into small pieces.

Add the apples or other fruit and chicken livers to the onion and let it bake for a while.

Squeeze out the garlic cloves over the frying pan.

Add the pieces of bread, cooked rice, finely chopped parsley, etc., finely sliced carrots, egg yolk, milk, the remaining butter, salt and pepper to the mixture and allow it to boil briefly.

Fill the chicken with the mixture and let it simmer in the broth on a very low heat. The cooking time depends on the type of chicken. Old roosters are always tough, you got to have some patience with those.

Bake the mushrooms and put them on the chicken before serving.

Tip:

Add 1 teaspoon of lime juice while baking the mushrooms. This prevents discoloration of the mushrooms.

Serve with rice, Turkish bread or baguette and fresh salad (with fresh coriander or parsley and lemon slices).

Bon appétit!

## Sour rösti



**(shami torsh)**

*شامی ترش*

(for 6 persons)

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Ingredients:

500 grams of minced beef or lamb  
1 cup of breadcrumbs  
1 cup of milk  
1-2 teaspoon of baking soda (sodium bicarbonate) to make the rösti airy.  
2-3 onions  
2-3 cups of tomato juice  
2-3 tablespoons of lime juice or vinegar  
2 eggs  
2 dl. Sunflower oil  
Sprigs of parsley (for garnish)  
Salt and pepper to taste

Stir the breadcrumbs, salt and pepper into the milk. Grate the onions and stir into the milk. Add baking soda and eggs. Knead this mixture into the minced meat. Make flat cookies of 1cm thick and 7 cm in diameter out of the minced meat.

Make a hole in the middle of the minced meat cutlet, or slices.

Let the oil in the frying pan slowly get hot and bake the minced cutlets brown.

Get the minced cutlets out of the pan and discard the oil.

Put the tomato juice and lime juice (or vinegar) into the frying pan and let the moisture slowly simmer on a very low heat.

Let the minced cutlets get warm in the sauce and place it on a warmed plate. Garnish with parsley.

Serve with rice, Turkish bread or baguette and fresh salad (with fresh coriander or parsley and slices of lime).

Bon appétit!

## Iranian stew



(abgoosht)

آبگوشت

(for 6 persons)

A traditional dish from Iran, which is usually eaten by poor or middle class people.

Ingredients:

600 grams of meat with bone and fat (preferably a piece of rib, preferably lamb)

100 grams chickpeas

100 grams of white beans

2 onions

4 potatoes

3 tomatoes

1 tablespoon tomato puree

Turmeric, salt and pepper to taste

Pinch of cinnamon

Bread, preferably Turkish bread

Let the beans soak for several hours.

Add the sliced onions together with the meat and beans to 4 glasses of cold water in a pan (preferably a pan of ceramics). Let this cook closed lidded on a low heat.

Add half an hour before the meat is served, the washed but not peeled potatoes, tomatoes, turmeric, salt, pepper, pinch of cinnamon and tomato puree. Let it simmer for half an hour with the lid closed.

Take the lid off the pan five minutes before the dish is served.

Serve:

Remove the fat and tomatoes from the pan, peel the tomatoes, place it in a bowl, grind finely, put it back in the pan and stir.

Serve each an amount of cooking-liquid into a bowl.

Cooking-liquid can be eaten in two ways:

- The cooking-liquid with bread;
- Soak pieces of bread in it.

Raw onions or fresh herbs such as mint, scallions, radishes and such can be eaten next to it.

Seasonal Salad is allowed as well.

Remove the potatoes from the pan, after everyone has finished drinking the cooking-liquid, peel them and put them back in the pan. No moisture should remain in the pan. Remove any bones from the meat and mash the ingredients until the spoon stays upright.

Serve for each person a quantity of the mashed abgoosht in a bowl.

Here, raw onions or fresh herbs such as mint, scallions, radishes and such can be eaten.

Seasonal Salad is allowed as well.

Bon appétit!

## Meatballs



(kooftah)

كوفته ها

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Recommendations for making meatballs:

1.  
Ingredients for meatballs should be well mixed and kneaded through the minced meat until they are sticky.
2.  
The meatballs should be cooked while drenched in the sauce.
3.  
At the end of cooking, the lid has to be taken off.
4.  
The meatballs should be cooked on low heat.
5.  
The sauce should be well boiled. If not, after the meatballs are done, remove the meatballs and let the sauce simmer until it is well boiled.

Sauce for meatballs:

Ingredients:

- 3 onions
- 1 teaspoon of turmeric or herbs to taste
- 2 tablespoons of tomato paste
- Salt and pepper to taste
- 6 tablespoons of sunflower or olive oil
- 3 glasses of water (if necessary, more or less)

Bake the onions in oil until they are golden brown. Add the turmeric and tomato paste and bake briefly. Add water and boil it.

## Rice meatballs



### (kooftah berendji)

کوفته برنجی

(for 6 persons)

Ingredients:

500 grams of minced meat

100 grams of rice

100 grams of flour of chickpeas

500 grams of fresh vegetables and herbs: leek, parsley, dill,  
mint and spice aroma

3 eggs  
100 grams of yellow lentils (Persian: lappeh)  
Salt and pepper to taste

Cook the rice until it is done. Also cook the yellow lentils until they are done. Mix the cooked rice and lentils together with the minced meat. Add the eggs and return to kneading. Slowly add the flour of chickpeas. Chickpea flour should not be added at once, because that will create lumps.

Boil the sauce for the meatballs.

Make the kneaded meatball mixture into meatballs of the size of a small orange, and dip it in the sauce. The meatballs should all have the same size.

Cook the rice meatballs on a low heat until it is done.

Serve with Turkish bread or baguette.  
Lime juice or vinegar to taste.

There are more than 30 kinds of meatballs. These meatballs are named according to the ingredient that is used in place of rice. For example, if, instead of rice, dry broad beans are used, this meatball is called: broad bean meatball.

Bon appétit!

## Egg meatball



**(kooftah tokhmeh morqi)**

**کوفته تخم مرغی**

(for 6 persons)

In Iran this meatball is called: small Tabrizi meatball.  
Tabriz is the capital of the Iranian province of Azerbaijan.

Ingredients:

500 grams of minced meat

100 grams of flour of chickpeas

7 eggs

100 grams of crushed walnuts

300 grams of dried plums

Salt and pepper to taste

½ teaspoon saffron

4 Eggs should be hard boiled. Then peel the eggs and leave them.

Break 3 eggs and add salt, pepper and saffron. Slowly add the flour of chickpeas. Chickpea should not be added at once, because then it will create lumps. Add the minced meat to this. Knead the mixture well.

Cook the sauce for the meatballs.

Make the kneaded meatball mixture into meatballs of the size of a large orange. The meatballs should all have the same size. Add an egg, four prunes and a tablespoon of coarsely grinded walnuts into each meatball. The final ingredients should be exactly in the middle of the meatball. Dip the meatballs in the sauce.

Serve with Turkish bread or baguette.

Lime juice or vinegar to taste.

Bon appétit!

## Giant meatball



### (koofteh Tabrizi)

کوفته تبریزی

(for 12 persons)

In Iran this meatball is called: 'big koofteh Tabrizi' (=Tabrizi-meatball). Tabriz is the capital of the Iranian province of Azerbaijan.

Ingredients:

750 grams of minced meat

150 grams of flour of chickpeas

4 eggs

150 grams of coarsely grinded walnuts

300 grams of dried plums

Salt and pepper to taste

1 teaspoon saffron

A net or a very fine and thin patch for binding and holding the giant meatball.

A stuffed chick or chicken\*

Break the eggs and add salt, pepper and saffron to them. Slowly add the flour of chickpeas. Chickpea flour should not be added at once, because then it will create lumps. Add the minced meat to this. The mixture should be well kneaded.

Put the net or thin patch in a bowl.

Spread half of the minced meat mixture on the net or patch.

Put half of the crushed walnuts and half of the dried plums on the outspread meat mixture. Place the remaining plums and grinded walnuts over the chick or chicken.

Place the rest of the meat mixture over the previously added plums and crushed walnuts. Press on this shortly.

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For the recipe for stuffed chicken check page 55!

Bind the ends of the net or patch together, which hang on the outside of the bowl. As if the stuffed chick or chicken were hidden.

Cook the sauce for the giant meatballs in a large, wide pan.

Dip this giant meatball in the net or patch very carefully into the sauce. Let the meatball, wrapped up in the net or patch, cook on a low heat until it's done.

After the meatball is done, remove the net or thin patch, without damaging the shape of the meatball.

Serve with Turkish bread or baguette.  
Lime juice or vinegar to taste.

Bon appétit!



## Ricetables



چلوها و پلوها (polo wa chelo)

## Rice



**(berendj of chelo)**

**برنج و چلو**

According to Iranian cuisine

(for 6 persons)

Rice is the staple food of the Iranian cuisine. Not very long ago you were the perfect wife if you were able to soak and cook rice well. The mediator, who arranged a marriage at the time, or the future mother-in-law gave an aptitude test to the future bride in the soaking and cooking of rice.

It is important to choose a good variety of rice. In addition, you should note the following:

- The rice grain should be long and slim;
- The rice grains should all be equal sized. There should be no small or broken grains;
- The rice needs to be of two or three harvests ago and slightly ivory coloured;
- If you take a grain of rice between your teeth, it should feel firm and crisp.

Rice of this quality is never cheap.

But from a lower quality you should almost need twice as much per person, as cheap rice soaks way less than rice of good quality.

This means that cheap is also expensive here.

Soaking rice:

Rinse the rice 2-3 times into a pan of lukewarm water until the water stays clear.

Do not stir the rice too much with the hands or a spoon.

Then add lukewarm water to the rice until the water is about 4 cm. above the rice. Add 100 grams of salt per kg of rice. Let the rice soak between 4 and 14 hours. This depends on the type of rice. After soaking, discard the salt water then rinse 2 times to make sure no salt remains behind.

During the cooking of rice it is important that a large wide pan is used, to make sure the rice has plenty of room. The bottom of the pan should be evenly heated.

The taste of the rice is promoted if you use a basket instead of a plastic or metal colander for draining and rinsing.

Ingredients:

1 kg of rice (150 grams per person)

150 grams melted dairy butter or sunflower oil

1 teaspoon of grinded saffron

200 grams of whole yoghurt

2 egg yolks

2 teaspoons of rosewater

Boil water in a large pan.

Add the rice and half of the yoghurt to the boiling water.

The rice will become bright white by adding the yoghurt.

Boil the rice for 5 minutes, stir occasionally. Add one full glass of cold water to the boiling rice. This gives a shock to the rice, making the rice soak longer.

Allow the rice to boil between 5-10 minutes depending on the type of rice.

The rice is cooked when the inside of the grain is not dry but slightly soft.

Scoop the foam out of the water with a skimmer while the rice is boiling.

When the rice is done cooking you should pour the hot water out of the pan. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The remaining salt and starch will be removed by doing this.

Slowly heat the oil or butter in a wide pan.

If the rice grains are still a bit hard you should add a little water.

Combine the egg yolks and the rest of the yoghurt in a bowl, then proceed to add it to the oil or butter.

Instead of the egg yolk and yoghurt you can also use a layer of dough or a layer of potato slices to add to the oil or just use the oil or butter without additives.

Put the rice as a "mound" in the pan then proceed with pouring the two teaspoons of rosewater on the mound of rice. Do not stir during the cooking process.

Lay a rim of dough between the pan and the cover, if possible, in order to keep the steam inside of the pan.

The rice should continue steaming on a very low heat or in a moderately hot oven for 1 - 1½ hour.

Proceed to leave the rice in the pan for 10 minutes, without taking the lid off the pot!

Put the loose rice in a wide dish. Break the "rice crust", which is located at the bottom of the pan, into pieces. Place that around the rice or on a separate dish.

Mix the grinded saffron in 2 tablespoons of boiling water. Add and mix 2-3 tablespoons of cooked rice with the saffron.

Put the saffron rice on the white rice, so everyone can take a little.

Bon appétit!

## Rice



**(polo, kateh)**

پلو  
کته

(In a simple way)

(for 6 persons)

Ingredients:

1 cup of rice per person, preferably basmati rice,  
1,5 cups of water per cup of rice  
2-3 tablespoons of sunflower oil or melted butter  
Salt to taste

Wash the rice 2 to 3 times until the water runs clear. Add the water, salt, and sunflower oil to the rice. Let the rice simmer in the pot without a lid until the water has evaporated.

Put the lid back on the pan and leave the rice half an hour on a very low heat.

Proceed to leave the rice in the pan for 10 minutes, without taking the lid off the pot!

Bon appétit!

## **Tip**



In ricetables which has meat or chicken mixture processed in it, one can proceed as followed:  
In place of steaming the mix together with the rice, cook the rice separately and put the mix on the rice when serving or serve it separately!

## Istanbul-ricetable



**(Stanboli polo)**

استامبولی پلو

(for 6 persons)

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Ingredients:

1 kilo of rice  
3 kg of tomatoes or canned tomatoes  
750 g boneless meat (or minced meat)  
3 tablespoons of gold fried onions  
1 dl sunflower or olive oil, or butter  
1 dessert spoon of tomato paste  
Salt and pepper to taste

Wash the rice firmly in lukewarm water. Grind or grate the peeled tomatoes and add this to the rice in the pan.  
Add water if there is little moisture in the tomatoes.  
Add salt, pepper and oil to the rice.

Let this mixture rest for an hour.

Tip:

In order to peel the tomatoes, the tomatoes can be immersed briefly in boiling water. Once the skin releases, the tomatoes can be skinned. The microwave is an option too. Cut the meat into small thumb-sized pieces.

Add a glass of water and all the fried onions to the meat. Boil the meat well-done. At the end of boiling add the tomato paste.

There shouldn't be too much water in the meat when it is cooked. Let the cooked meat rest until the rice in the other pan is half done.

Cook the rice without lid until it is half cooked. Add the cooked meat to the rice. Put the lid on the pan and let the rice simmer on low heat until it is done.

Serve with a fresh salad.

Bon appétit!

## White-cabbage-ricetable



(kalam polo)

کلم پلو

(for 6 persons)

Ingredients:

1 kilo of rice  
1.5 kilos of white cabbage  
2 onions  
750g boneless meat (or minced meat)  
1 dl sunflower or olive oil, or butter  
1 dessert spoon of tomato paste  
Half a teaspoon of saffron  
Salt and pepper to taste

Stir-fry the meat and onions in 2/3 of the oil. Add the cut cabbage and keep stir-frying. Add the saffron and tomato paste and stir-fry this a little bit. Cook the content with a glass of water. Add salt and pepper and let it boil until there is no water left.

Boil water in a large pan. Add rice to the boiling water. Boil the rice for 5 minutes with occasional stirring. Add one full glass of cold water to the boiling rice. This gives a shock to the rice, making the rice soaked longer. Then allow the rice to boil between 5-10 minutes depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

During the boiling of the rice remove the foam from the water with a skimmer.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water.

The starch will be removed by doing this.

Slowly heat the rest of the oil or butter in a wide pan.

Put 1/3 of the rice in the pan. Put half of the meat mixture on the rice. Put another 1/3 of the rice on to the meat mixture. Place the remaining of the meat mixture on the rice. As last you put the third portion of rice in the pan.

Place the pan with rice on a high heat for 2 to 3 minutes until the bottom of the pan is hot. Add half a glass of water and leave the rice for 2 minutes on the high heat with the lid on the pan.

The white-cabbage-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes.

Then leave the rice for 10 minutes in the pan, without taking the lid off the pot!

Serve with a fresh salad.

Bon appétit!

## Green bean-ricetable



(loobia polo)

لوبيا پلو

(for 6 persons)

Ingredients:

1 kilo of rice

750 grams of fresh green beans

2 onions

750 grams of boneless meat (or minced meat)

1 dl sunflower or olive oil, or butter

2 teaspoons of tomato paste

Half a teaspoon of saffron

Salt and pepper to taste

Stir-fry the meat and onion in  $\frac{2}{3}$  of the oil. Add the sliced green beans and stir-fry this. Add the saffron and tomato paste and stir-fry this a little bit. Cook the content with a glass of water. Add salt and pepper and let it boil until there is no water left.

Boil water in a large pan. Add rice to the boiling water. Boil the rice for 5 minutes, stir occasionally. Then add one full glass of cold water to the boiling rice. This gives a shock to the rice, making the rice soaked longer.

Then allow the rice to boil between 5-10 minutes depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

During the boiling of the rice remove the foam from the water with a skimmer.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is thereby removed.

Heat the rest of the oil or butter slowly in a wide pan.

Put 1/3 of the rice in the pan. Put half of the meat mixture on the rice. Put another 1/3 of the rice on the meat mixture. Place the remaining of the meat mixture on the rice. Put the last bit of rice in the pan.

Place the pan with rice on a high heat for 2 to 3 minutes until the bottom of the pan is hot. Add half a glass of water and leave the rice for 2 minutes on the high heat with the lid on the pan.

The green bean-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes.

Leave the rice for 10 minutes in the pan, without taking the lid off the pot!

Serve with a fresh salad.

Bon appétit!

## Cherry-ricetable



(albaloo polo)

آلبالو پلو

(for 6 persons)

Ingredients:  
1 kilo of rice

1.5 kilos of fresh cherries, preferably sour cherries  
2 onions  
1 whole chicken  
1 dl sunflower or olive oil, or butter  
500 grams of sugar  
Half a teaspoon of saffron  
Salt and pepper to taste

Cut the chicken into pieces and stir-fry it with onions in  $\frac{2}{3}$  of the oil. Remove the seeds from the cherries, and add the cherries to the pan and let it bake. Add the saffron and sugar and stir-fry it a bit. Cook the content with a glass of water. Add salt and pepper and let it boil until there is no water left.

Boil water in a large pan. Add rice to the boiling water. Let the rice boil for 5 minutes and stir occasionally. Then add one full glass of cold water to the boiling rice. This gives the rice a shock, making the rice soaked longer. Then allow the rice to boil between 5-10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is no longer dry, but a little soft.

During the boiling of the rice remove the foam from the water with a skimmer.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is thereby removed.

Slowly heat the remaining oil or butter in a wide pan.

Put 1/3 of the rice in the pan. Put half of the chicken mixture on the rice. Put another 1/3 of the rice on the chicken mixture. Place the rest of the chicken mixture on the rice. Finally put the remaining rice onto the chicken mixture in the pan.

Put the pan with rice on a high heat for 2-3 minutes until the bottom of the pan is hot. Add half a glass of water and leave for 2 minutes on a high heat with a lid on the pan.

The cherry-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it's done.

Then leave the rice for 10 minutes in the pan, without taking the lid off the pan!

Serve with a fresh salad.

Bon appétit!

## Broad beans-ricetable



**(baqali polo)**

**باقالی پلو**

(for 6 persons)

Ingredients:

1 kilo of rice

2.5 kilos of fresh broad beans

2 onions

750 grams of boneless meat

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1 dl sunflower or olive oil, or butter  
1 kilo of fresh dill  
Half a teaspoon of saffron  
Salt and pepper to taste

Stir-fry the meat and onions in 1/3 of the oil and let it cook with a glass of water. In another pan, bake the broad beans\* and husked dill in 1/3 of the oil. Add saffron, salt and pepper. Finally add the cooked meat and let it boil for a short time until there is no water left.

Boil water in a large pan. Add rice to the boiling water. Let the rice boil for 5 minutes with occasionally stirring. Then add one full glass of cold water to the boiling rice. This gives the rice a shock, making the rice soaked longer.

Then allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is no longer dry, but a little soft.

During the boiling of the rice remove the foam from the water with a skimmer.

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\*When removing the shell from the broad beans, remove both the green thick skin as the thin inner skin from the beans.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is hereby removed.

Slowly heat the remaining oil or butter in a wide pan.

Put 1/3 of the rice in the pan. Put half of the chicken mixture on to the rice. Put another 1/3 of the rice onto the chicken mixture. Place the rest of the chicken mixture on the rice. Finally put the remaining rice onto the chicken mixture in the pan.

Put the pan with rice on a high heat for 2-3 minutes until the bottom of the pan is hot. Add half a glass of water and leave for 2 minutes on a high heat with the lid on the pan.

The broad bean-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it's cooked.

Then leave the rice for 10 minutes in the pan, without taking off the lid from the pan!

Serve with a fresh salad.

Bon appétit!

## Bejeweled-ricetable



(morassa polo)

مرصع پلو

(for 6 persons)

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Ingredients:

1 kilo of rice

100 g small raisins, usable for baking and cooking

150 grams of cranberries (Persian: zereshk)

100 grams of skinned and cut into small pieces almonds

100 grams of skinned and finely chopped pistachio nuts

50 grams of sugar

1 onion

1 whole chicken

1 dl sunflower or olive oil, or butter

30 grams of dried debittered\* orange peels

Half a teaspoon of saffron

Salt to taste

Cut the chicken into pieces and stir-fry it with onions in 2/3 of the oil. Allow this to cook with a glass of water. Bake the cranberries in oil and the sugar for a bit and put it aside. Also bake the raisins for a bit in oil or butter and put this aside.

Soak the almonds and pistachios 2 to 3 hours in water.

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\*Debitter: Peel 2 to 3 oranges really thin, without the (bitter) white sheet. Cut the peel into very thin strips. Put these in a pan with water and boil it 5 minutes and rinse afterwards. Then boil and rinse 2 to 3 times, test whether it is still bitter. If it is bitter, boil for 5 minutes and rinse again. Then let it dry.

Boil water in a large pan. Add rice to the boiling water. Let the rice boil for 5 minutes while stirring occasionally. Then add one full glass of cold water to the boiling rice. This gives the rice a shock, making the rice soaked longer.

Then allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

During the boiling of the rice remove the foam from the water with a skimmer.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch will be removed by doing this.

Heat the remaining oil or butter in a wide pan.

Put 1/3 of the rice in the pan. Put half of the chicken, 1/3 of the almonds and pistachios, 1/3 of the raisins and berries, and 1/3 of the orange peels on to the rice. Put 1/3 of the rice onto the chicken mixture. Put the remaining of the chicken, 1/3 of the almonds and pistachios, 1/3 of the raisins and berries, and 1/3 of the orange peels on to the rice layer. Finally put the remaining rice onto the chicken mixture in the pan.

Finally, put the remaining almonds, pistachios, raisins, berries and orange peel into the pan. Dissolve the saffron in one tablespoon of water and pour it over the rice.

Put the pan with rice on a high heat for 2-3 minutes until the bottom of the pan is hot. Add half a glass of water and leave for 2 minutes on a high heat with a lid on the pan.

The bejeweled-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it's cooked.

Then leave the rice for 10 minutes in the pan, without taking off the lid from the pan!

Serve with a fresh salad.

Bon appétit!

## **Cranberries-and-chicken- ricetable**



**(zereshk polo ba morq)**

**زرشک پلو با مرغ**

(for 6 persons)

Ingredients:  
1 kilo of rice

150 grams of cranberries (Persian: zereshk)  
1 medium onion  
1 whole chicken  
1 dl sunflower or olive oil, or butter  
50 grams of sugar  
Half a teaspoon of saffron  
Salt to taste

Cut the chicken into pieces and stir-fry it with the onions in 2/3 of the oil. Allow this to cook with a glass of water. Briefly fry the cranberries in the oil, add sugar and saffron and fry this for a short time too. Add 1/3 glass of water to it and make it boil. As soon as it boils, take it off the heat.

Skin the chicken and add to the cranberries. Add salt and make it boil until there is no water left.

Boil water in a large pan. Add rice to the boiling water. Let the rice boil for 5 minutes with occasional stirring. Then add one full glass of cold water to the boiling rice. This gives the rice a shock, making the rice soaked longer. Then allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is no longer dry, but a little soft.  
During the boiling of the rice remove the foam from the water with a skimmer.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is removed by doing this.

Heat the remaining oil or butter in a wide pan.

Put 1/3 of the rice in the pan. Put half of the chicken mixture onto the rice. Put 1/3 of the rice onto the chicken mixture. Put the remaining of the chicken mixture on the rice layer. Finally put the remaining rice on the chicken mixture in the pan.

Put the pan with rice on a high heat for 2-3 minutes until the bottom of the pan is hot. Add half a glass of water and leave for 2 minutes on a high heat with a lid on the pan.

The cranberry-chicken-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it's cooked.

Then leave the rice for 10 minutes in the pan, without taking the lid off the pan!

Serve with a fresh salad.

Bon appétit!

## Peas-ricetable



**(polo ba nokhod sabz)**

**پلو با نخود سبز**

(for 6 persons)

Ingredients:

1 kilo of rice

1 kilo of peas

2 onions

750 grams boneless meat (or minced meat)

1 dl sunflower or olive oil, or butter

2 teaspoons tomato paste

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Half a teaspoon of saffron  
Salt and pepper to taste

Stir-fry the meat and onions in  $\frac{2}{3}$  of the oil. Add the peas and fry until it is cooked. Add the saffron and tomato paste and stir-fry this with it. Cook the content with a glass of water. Add the salt and pepper and let it boil until there is no water left.

Place a large pan of water to boil. Add rice to the boiling water. With occasionally stirring the rice let it boil for 5 minutes. Then add one full glass of cold water to the boiling rice. This gives the rice a shock, making the rice soaked longer.

Then allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is no longer dry, but a little soft.

Remove the foam from the water with a skimmer while the rice is boiling.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is removed by doing this.

Heat the remaining oil or butter in a wide pan.

Put 1/3 of the rice in the pan. Put half of the meat mixture onto the rice. Put 1/3 of the rice onto the meat mixture. Put the remaining of the meat mixture on the rice layer. Finally put the remaining rice onto the meat mixture in the pan.

Put the pan with rice on a high heat for 2-3 minutes until the bottom of the pan is hot. Add half a glass of water and leave for 2 minutes on a high heat with a lid on the pan.

The peas-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it's cooked.

Then leave the rice for 10 minutes in the pan, without taking the lid off the pan!

Serve with a fresh salad.

Bon appétit!

## Carrot-ricetable



(hawidj polo)

هويج پلو

(for 6 persons)

Ingredients:

1 kilo of rice

1.5 kilos of carrots

2 onions

1 whole chicken or 1 kilo of boneless meat

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1 dl sunflower or olive oil, or butter  
250 grams of sugar  
Half a teaspoon of saffron  
Salt and pepper to taste

Cut the meat or chicken into pieces and stir-fry it with the onions in 2/3 of the oil. Allow this to cook with a glass of water.

Cut and fry the carrots. Add the saffron and sugar and stir-fry this. Add the meat or chicken, salt and pepper and let this boil until there is no water left.

Boil water in a large pan. Add rice to the boiling water. With occasionally stirring the rice let it boil for 5 minutes. Then add one full glass of cold water to the boiling rice. This gives the rice a shock, making the rice soaked longer. Then allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is no longer dry, but a little soft.

Remove the foam from the water with a skimmer while the rice is boiling. When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is removed by doing this.

Heat the remaining oil or butter in a wide pan.

Put 1/3 of the rice in the pan. Put half of the meat or chicken mixture onto the rice. Put 1/3 of the rice onto the meat or chicken mixture. Put the remaining of the meat or chicken mixture on to the rice layer. Finally put the remaining rice onto the meat or chicken mixture in the pan.

Put the pan with rice on a high heat for 2-3 minutes until the bottom of the pan is hot. Add half a glass of water and leave for 2 minutes on a high heat with a lid on the pan.

The carrot-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it's cooked.

Then leave the rice for 10 minutes in the pan, without taking the lid off the pan!

Serve with a fresh salad.

Bon appétit!

## Noodles-ricetable



**(reshteh polo)**

رشته پلو

(for 6 persons)

Ingredients:  
1 kilo of rice

500 grams of noodles in wire form (Persian: Reshteh\*)  
2 onions  
750 grams of boneless meat  
1 dl sunflower or olive oil, or butter  
500 grams of dates  
200 grams of small raisins, suitable for baking and cooking  
Half a teaspoon of saffron  
Salt and pepper to taste

Stir-fry the meat and onions in 2/3 of the oil. Allow this to cook with a glass of water. Add salt and pepper and boil it until there is no water left.

Take the seeds out of the dates and bake this with the raisins in oil or butter.  
Add the saffron and cook this briefly. Add 1/3 glass of water and make it boil. Add the meat and put it aside.

Boil water in a large pan.  
Add rice to the boiling water. Let the rice boil for 5 minutes with occasional stirring.  
Then add one full glass of cold water to the boiling rice. This gives the rice a shock, making the rice soaked longer.

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\* Reshteh: Dried wire-like wheat dough. Reshteh looks like noodles / vermicelli / pasta, but is made of boiled wheat flour.

Add the noodles to the rice and allow it to cook for 5 - 10 minutes, depending on the type of rice.

The rice and noodles are cooked when the inside of the grain is not dry, but a little soft.

Remove the foam from the water with a skimmer during the boiling of the rice and noodles.

When the rice and noodles are cooked, pour off the hot water. Put the rice and noodles in a basket. Rinse the rice and noodles 4-5 times with lukewarm water. The starch is hereby removed.

Heat the remaining oil or butter in a wide pan.

Put 1/3 of the rice and noodles in the pan. Put half of the meat mixture onto the rice and noodles. Put 1/3 of the rice and noodles onto the meat mixture. Put the remaining of the meat mixture on to the rice and noodles layer. Finally put the remaining rice and noodles onto the meat mixture in the pan.

Put the pan with rice and noodles on a high heat for 2-3 minutes until the bottom of the pan is hot. Add half a glass of water and leave for 2 minutes on a high heat with a lid on the pan.

The noodles-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it is cooked.

Then leave the rice for 10 minutes in the pan, without taking off the lid from the pan!

Serve with a fresh salad.

Bon appétit!

## Dried-beans-ricetable



**(dami polo)**

دمى باقالى

[vegetarian recipe]

(for 6 persons)

Ingredients:

1 kilo of rice  
500 grams of dried beans \*  
4 onions  
1.5 dl sunflower or olive oil, or butter  
To taste: 200 grams of small raisins, suitable for baking and cooking  
1 teaspoon turmeric  
Salt and pepper to taste

Bake the onions in  $\frac{2}{3}$  of the oil until it becomes golden brown. Fry the turmeric briefly.  
Add the dried peas, salt and pepper with 4 glasses of water to the fried onions.

Let it cook until the beans are half cooked. Wash the rice and add to the half-baked beans. Boil these without the lid on the pan.  
After the water has been evaporated, add the washed raisins to the rice.

The dried-beans-rice should continue to steam on a very low heat or a moderately hot oven for 45 minutes until it is cooked.

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\* To get dried beans, remove both the thick green skin as the thin film from the beans. The color of dried beans is cream colored.

Leave the rice for 10 minutes in the pan, without taking the lid off the pan!

Serve with a fresh salad, and a fried egg if wanted.

Bon appétit!

## Chicken-banana-ricetable



**(polo ba morq wa moz)**

مرغ پلو با موز

(for 6 persons)

Ingredients:

1 kilo of rice

A whole chicken

1 kilo of tomatoes  
To taste: 5 bananas  
1.5 dl sunflower or olive oil, or butter  
Half a teaspoon of saffron  
Salt and pepper to taste

Tip:

In order to peel the tomatoes, the tomatoes may shortly be immersed in boiling water. Once the skin releases, the tomatoes can be skinned.

A microwave is also an option.

Boil the chicken with salt and pepper until a small amount of water (half a glass of water) is left. Cut the chicken into pieces and remove all the bones and skin. Peel and chop the tomatoes, except for 3, and add these with the saffron to the chicken and cook it.

Peel the banana and cut it into small slices and fry it in oil or butter.

Wash the rice 2 to 3 times until the water runs clear. Add water, salt and oil or butter to the rice. Let the rice simmer without a lid on the pan until the rice is half cooked. There must be no water left. Add the chicken mixture and divide the fried banana onto the rice.

The chicken-banana-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it is cooked.

Leave the rice in the pan for 10 minutes without taking off the lid off!

Serve with a fresh salad.

Bon appétit!

## Minced meat-ricetable



**(polo ba goosht charkh kardeh)**

**پلو با گوشت چرخ کرده**

(for 6 persons)

Ingredients:

1 kilo of rice  
2 onions  
750 grams of minced meat  
1 dl sunflower or olive oil, or butter  
2 tablespoons of tomato paste  
Half a teaspoon of cinnamon  
Half a teaspoon of saffron  
Salt and pepper to taste

Stir-fry the minced meat in 2/3 of the oil. Add the tomato paste, saffron, cinnamon, salt and pepper and stir-fry this with the minced meat. Allow this to cook with a glass of water. Add salt and pepper and make it boil until there is no water left.

Place a large pan of water to boil. Add rice to the boiling water. Let the rice boil for 5 minutes with occasional stirring. Then add one full glass of cold water to the boiling rice. This gives the rice a shock, making the rice soaked longer.

Allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

Remove the foam from the water with a skimmer during the boiling of the rice.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is hereby removed.

Heat the remaining oil or butter in a wide pan.

Put 1/3 of the rice in the pan. Put half of the meat mixture onto the rice. Put 1/3 of the rice onto the meat mixture. Put the remaining of the meat mixture on to the rice layer. Finally put the remaining rice onto the meat mixture in the pan.

Put the pan with rice on a high heat for 2-3 minutes until the bottom of the pan is hot. Add half a glass of water and leave it on a high heat for 2 minutes with the lid on the pan.

The minced meat-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it is cooked.

Then leave the rice for 10 minutes in the pan, without taking off the lid from the pan!

Serve with a fresh salad.

Bon appétit!

## Shrimp-ricetable



(mrygoo polo)

میگو پولو

(for 6 persons)

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Ingredients:

1 kilo of rice  
1 kilo of peeled and cooked shrimp  
3 teaspoons of tomato paste  
1 glass of meat broth  
1.5 dl sunflower or olive oil, or butter  
1 dessert spoon of wheat flour  
1 dessert spoon turmeric  
1.5 dl whip cream  
8 boiled eggs  
Salt and pepper to taste  
A sprig of parsley

Put 0.5 dl oil and flour in the pan. Stir this into a light-brown smooth mixture. Dissolve the tomato paste in the broth and add this mixture very carefully to the flour. While you are doing this the heat has to be very low and you have to stir constantly to avoid lumps. Add the turmeric and salt and let this mixture cook a little.

Wash the rice 2-3 times until the water runs clear. Add the water, salt and oil to the rice. Let the rice simmer in the pan without the lid until all the water has evaporated.

Put the lid on the pan and leave the rice on a very low heat for half an hour.

Heat the shrimp in water and proceed to put them into the sauce.

Place the shrimp in the middle of a bowl. Put the whip cream over the shrimp and then put the rice around it. Divide the eggs into 4 wedges and neatly lay it around the rice. Decorate this with parsley.

Serve with a fresh salad.

Bon appétit!

## Mung beans-ricetable



**(mash polo)**

ماش پلو

(for 6 persons)

Ingredients:

1 kilo of rice

500 grams of mung beans

2 onions  
750 grams of boneless meat (or minced meat)  
1 dl sunflower or olive oil, or butter  
2 teaspoons of tomato paste  
Half a teaspoon of turmeric  
Salt and pepper to taste

Stir-fry the meat and onions in 2/3 of the oil. Add the turmeric and tomato paste and stir-fry this for a short time. Let the content cook with a glass of water. Add salt and pepper and let it boil until there is no water left.

Place a large pan of water to boil. Add rice to the boiling water. Let the rice boil for 5 minutes with occasional stirring. Then add one full glass of cold water to the boiling water. This gives the rice a shock, making the rice soaked longer.

Allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

Remove the foam from the water with a skimmer while the rice is boiling.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch will be removed by doing this.

Heat the remaining oil or butter in a wide pan.

Put 1/3 of the rice in the pan. Put half of the meat mixture onto the rice. Put 1/3 of the rice onto the meat mixture. Put the remaining of the meat mixture on to the rice layer. Finally put the remaining rice onto the meat mixture in the pan.

Put the pan with rice on a high heat for 2-3 minutes until the bottom of the pan is hot. Add half a glass of water and leave the pan on a high heat with the lid on it for 2 minutes.

The mung beans-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it is cooked.

Then leave the rice in the pan for 10 minutes, without taking the lid off the pan!

Serve with a fresh salad.

Bon appétit!

## Meat/chicken-rice cake



(tahchin morq / goosht)

ته چین مرغ / گوشت

(for 6 people)

Ingredients:

750 grams of rice

1.5 kilos of boneless meat or a whole chicken

2 onions

1 liter cottage cheese

1 dl sunflower or olive oil, or butter

Half a teaspoon of saffron

5 eggs

Salt and pepper to taste

Cook the meat or chicken with the onions until there is half a glass of water left. Remove all the bones and skin the chicken.

Dissolve the saffron in two tablespoons of water. Add the saffron, salt, pepper and 3 egg yolks to the cottage cheese and mix it well. Add the meat or chicken to this mixture.

(It is advisable to make this mixture 12 hours before cooking.)

Place a large pan of water to boil. Add rice to the boiling water. Let the rice boil for 5 minutes with occasional stirring. Then add one full glass of cold water to the boiling water. This gives the rice a shock, making the rice soaked longer.

Allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

Remove the foam from the water with a skimmer while the rice is boiling.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch will be removed by doing this.

Heat the remaining oil or butter slowly in a large, wide pan (a wide frying pan with an open edge, a skillet pan)

Put 3 egg yolks and 3 tablespoons of cottage cheese, with no meat or chicken, in the pan. Put 1/3 of the rice on the cottage cheese and flatten it. Place half of the meat or chicken on this, and flatten this. Put 1/3 of the rice on the meat or chicken, and flatten. Add the remaining of the meat and chicken on the rice, and flatten. Add the remaining rice on the meat or chicken and flatten. Finally, put the remaining cottage cheese on to the rice and flatten this as well.

Put the pan (skillet pan, saucepan) with rice on a high heat for 2 to 3 minutes until the bottom of the pan is hot.

The meat/chicken-rice cake should continue steaming on a very low heat or in a moderately hot oven for 45-60 minutes until it is cooked.

Then leave the rice for 10 minutes in the pan, without taking the lid off the pan!

Remove the lid from the pan, place a plate on it and turn it over. Remove the saucepan without affecting the shape of the rice-cake.

Cut the rice just like a cake and serve it.

Serve with a fresh salad.

Bon appétit!

## Spinach-rice cake



**(tahchin esfenadj)**

ته چين اسفناج

(for 6 people)

Ingredients:

1 kilo of rice

1.5 kilos of boneless meat or a whole chicken

2 onions

2 kilos of spinach

250 grams of prunes (or soakes, dried plums)

1 liter cottache cheese

1 dl sunflower or olive oil, or butter  
Half a teaspoon of saffron  
5 eggs  
Salt and pepper to taste

Cook the spinach, pour off the water and let it drain. Bake the onions until golden brown and bake the spinach briefly with it.

Cook the meat or chicken with the onions until there is half a glass of water left. Pit the prunes, add them to the spinach and let it boil for 5 more minutes. Remove all the bones and skin from the chicken.

Dissolve the saffron in two tablespoons of water. Add the saffron, salt, pepper and 3 egg yolks to the cottage cheese and mix it well. Add the meat or chicken to this mixture.

(It is advisable to make this mixture 12 hours before cooking.)

Place a large pan of water to boil. Add rice to the boiling water. Let the rice boil for 5 minutes with occasional stirring. Then add one full glass of cold water to the boiling water. This gives the rice a shock, making the rice soak longer.

Allow the rice to cook for 5 - 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

Remove the foam from the water while the water of the rice is boiling with a skimmer.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is hereby removed.

Heat the remaining oil or butter slowly in a large, wide pan (a wide frying pan with an open edge, a skillet pan)

Put 3 egg yolks and 3 tablespoons of cottage cheese, with no meat or chicken, in the pan. Put 1/3 of the rice on the cottage cheese and flatten it. Place half of the meat or chicken on this, and flatten this. Put 1/3 of the rice on the meat or chicken, and flatten. Add the remaining of the meat and chicken on the rice, and flatten. Add the remaining rice on the meat or chicken and flatten. Finally, put the remaining cottage cheese on to the rice and flatten this as well.

Put the pan (skillet pan, saucepan) with rice on a high heat for 2 to 3 minutes until the bottom of the pan is hot.

The spinach-rice cake should continue steaming on a very low heat or in a moderately hot oven for 45-60 minutes until it is cooked.

Then leave the rice for 10 minutes in the pan, without taking off the lid from the pan!

Remove the lid off the pan, place a plate on it and turn it over. Remove the saucepan without affecting the shape of the rice-cake. Cut the rice just like a cake and serve.

Serve with a fresh salad.

Bon appétit!

## Sweet-rice table



**(shirin polo)**

شیرین پلو

(for 6 seats)

Ingredients:

1 kilo of rice

1 whole chicken or 1 kilo of boneless meat

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100 grams peeled almonds cut in small pieces  
100 grams peeled and finely chopped pistachio nuts  
500 grams of sugar  
1 large onion  
1 dl sunflower or olive oil, or butter  
30 grams of dried orange peel debittered \*  
Half a teaspoon of saffron  
Salt and pepper to taste

Cut the chicken into pieces and stir-fry it with the onion in 2/3 of the oil. Allow this to cook with a glass of water. Remove all the bones and skin the chicken.

Use of the meat: Stir-fry the meat with the onions and let it cook with a glass of water.

Soak the almonds and pistachios individually in ½ liter of water for 2 to 3 hours. Add the sugar and make it boil. Add the orange peel and let it boil briefly. There should be no more than ½ a glass of water left. Add the chicken or meat and boil it briefly.

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\* De-bitter: Peel 2 to 3 oranges really thin, so without the (bitter) white sheet. Cut the peel into very thin strips. Put these in a pan with water and boil it 5 minutes and rinse afterwards. Then boil and rinse 2 to 3 times, test whether it is still bitter. If it is bitter, boil for 5 minutes and rinse again. Then let it dry.

Place a large pan of water to boil. Add rice to the boiling water. With occasionally stirring the rice let it boil for 5 minutes. Then add one full glass of cold water to the boiling. This gives the rice a shock, making the rice soaked longer.

Allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

During the boiling of the rice remove the foam from the water with a skimmer.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is hereby removed.

Heat the remaining oil or butter slowly in a wide pan.

Put 1/3 of the rice in the pan. Put half of the sweet chicken or meat mixture on the rice. Put another layer of 1/3 rice on to the chicken or meat mixture. Put the remaining sweet chicken or meat mixture onto the layer of rice. Finally put the remaining rice onto the layer of sweet chicken or meat mixture.

Put the pan with rice on a high heat for 2 to 3 minutes until the bottom of the pan is hot. Add half a glass of water and leave the rice for 2 minutes on a high heat with the lid on the pan.

The sweet-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it is cooked.

Then leave the rice for 10 minutes in the pan, without taking off the lid from the pan!

Serve with a fresh salad.

Bon appétit!

## Lentil-rice table



**(adas polo)**

عدس پلو

(for 6 seats)

Ingredients:

1 kilo of rice

500 grams lentils

100 grams small raisins, suitable for baking and cooking  
200 grams seedless dates  
Half a teaspoon of saffron  
Salt and pepper to taste

Stir-fry the meat with the onions in  $\frac{2}{3}$  of the oil. Allow this to cook with a glass of water. Add the salt and pepper and allow it to boil until there is no water left.

Remove the pits from the dates and bake this with the raisins in oil or butter. Add the saffron and bake it briefly. Add  $\frac{1}{3}$  glass of water and make it boil. Add the meat and put it aside.

Cook the lentils until they are half cooked, then drain and rinse and put it also aside.

Place a large pan of water to boil. Add rice to the boiling water. With occasionally stirring the rice let it boil for 5 minutes. Then add one full glass of cold water to the boiling. This gives the rice a shock, making the rice soaked longer.

Allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

During the boiling of the rice remove the foam from the water with a skimmer.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is hereby removed.

Heat the remaining oil or butter slowly in a wide pan.

Put 1/3 of the rice in the pan. Put half of the sweet chicken or meat mixture on the rice. Put another layer of 1/3 rice on to the chicken or meat mixture. Put the remaining sweet chicken or meat mixture onto the layer of rice. Finally put the remaining rice onto the layer of sweet chicken or meat mixture.

Put the pan with rice on a high heat for 2 to 3 minutes until the bottom of the pan is hot. Add half a glass of water and leave the rice for 2 minutes on a high heat with the lid on the pan.

The lentil-rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it is cooked.

Then leave the rice for 10 minutes in the pan, without taking off the lid from the pan!

Serve with a fresh salad.

Bon appétit!

## Chicken liver-ricetable



(polo ba djegar morq)  
پلو با جگر مرغ

(for 6 seats)

Ingredients:

700 grams of rice

700 grams of chicken livers

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2 teaspoons of golden fried onions  
1 dl of sunflower or olive oil, or butter  
4 teaspoons of tomato paste  
150 grams of grated cheese  
Salt and pepper to taste

Wash and stir-fry the chicken livers. Add half a glass of water, fried onions, tomato paste, salt and pepper. Allow this to boil until there is no water left. Put aside.

Place a large pan of water to boil. Add rice to the boiling water. With occasionally stirring the rice let it boil for 5 minutes. Then add one full glass of cold water to the boiling. This gives the rice a shock, making the rice soaked longer.

Allow the rice to cook for 5 – 10 minutes, depending on the type of rice.

The rice is cooked when the inside of the grain is not dry, but a little soft.

During the boiling of the rice remove the foam from the water with a skimmer.

When the rice is cooked, pour off the hot water. Put the rice in a basket. Rinse the rice 4-5 times with lukewarm water. The starch is hereby removed.

Heat the remaining oil or butter slowly in a wide pan.

Put the pan with rice on a high heat for 2 to 3 minutes until the bottom of the pan is hot. Add half a glass of water and leave the rice for 2 minutes on a high heat with the lid on the pan.

The rice should continue steaming on a very low heat or in a moderately hot oven for 45 minutes until it is cooked.

Then leave the rice for 10 minutes in the pan, without taking off the lid from the pan!

Sprinkle the grated cheese all over the chicken livers. Put the pan with the chicken livers on a low heat and leave for 10 minutes until the cheese is melted.

The chicken liver-rice table can be served in the following ways:

1. Put the chicken livers in the middle of a bowl with the rice over it.
2. Put the rice in a bowl with the chicken livers over it.
3. Put the rice and chicken livers separately in two bowls.

Serve with a fresh salad.

Bon appétit!

## Greek rice table



### (polo Yoenani)

پلو یونانی

(for 6 seats)

**Ingredients:**

750 grams of rice

One green, one red and one yellow bell pepper

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150 grams of peas  
150 grams of cooked corn  
150 grams of mushrooms  
100 grams of ham, salami or chicken sausage  
1 liter of meat or chicken broth  
2 onions  
Half a teaspoon of saffron  
Salt and pepper to taste

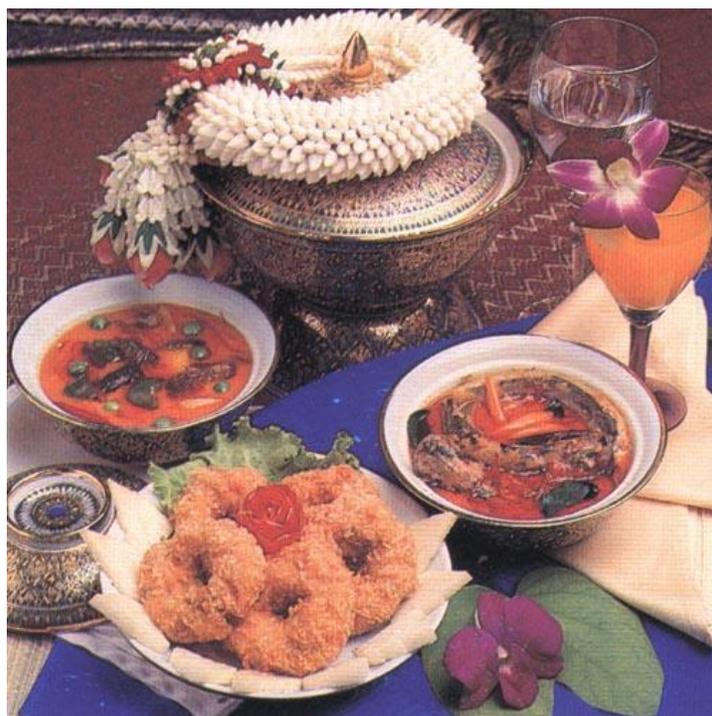
Cut all vegetables into small pieces and stir-fry this. Add the ham, salami or chicken sausage and stir-fry this briefly, and put it aside.

Wash the rice thoroughly, drain the water and stir-fry it with the onions. Add the broth, saffron, salt and pepper, then steam for 30-40 minutes. At the end of the cooking process, add all the ingredients together and cook for 10 minutes.

Serve with a fresh salad.

Bon appétit!

## Stew



(khoresht)

خورشت ها

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## **General recommendations about khoresht**

- Khoresht will always be prepared on a low heat.
- The khoresht should not be stirred too much or otherwise the filling will break during cooking.
- The meat shall always be stewed, baked or fried first and then added later.
- Vegetables will always be added at the end of preparation, since the cooking time of vegetables is shorter.
- Khoresht should be cooked with little water. The ingredients provide even more moisture.
- Onions are always prepared separately and must be fried golden brown (not black!)
- Herbs, salt and e.g. tomato paste or other seasoning are added at the last minute.
- Khoresht has to cook without a lid.

## Mushroom stew



**(khoresht qarch)**

**خورشت قارچ**

(for 6 seats)

Ingredients:

1 whole chicken (1500 grams)

1 kg of mushrooms

3-4 tablespoons of golden brown fried onions

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3 egg yolks  
1 dessert spoon of flour  
1 teaspoon of grinded saffron  
2 tablespoons of melted butter or sunflower oil  
Salt, black pepper and lemon juice to taste

Let the chicken with fried onions simmer in 1 glass of water until it's cooked.

When the chicken is almost cooked, add some salt and pepper.

Clean the mushrooms and fry it lightly in butter or oil.

During the cooking of the mushrooms add 1 teaspoon of lime juice. This prevents discoloration of the mushrooms.

Add the flour and stir (no lumps).

Add the mushrooms, some lime juice and the saffron to the chicken and let it all gently cook for about 10 minutes.

Then add 3 egg yolks and stir well. Then boil gently for 3-5 minutes.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

**Stew**  
**baked or fruited ingredients**



**(khoreshht qeimeh)**  
**خورشت قیمه**

(for 6 seats)

Ingredients:

1 kg shank lamb or veal (or 750 grams of boneless meat)  
100 grams washed yellow split peas (in Persian: lap-peh)  
3 tablespoons of golden brown fried onions  
3-6 dried small limes  
2 teaspoons of tomato paste  
500 grams of potatoes  
1 dl of sunflower oil  
1 teaspoon of grinded saffron  
50 grams of butter or sunflower oil  
Turmeric, salt and pepper to taste

Cut the meat into cubes of about 2 cm. fry and then cook it half-done in 2-3 cups of water. Remove the foam with a skimmer when cooking. The meat should not fall apart.

Fry the split peas briefly in butter or sunflower oil. Add the fruited onions.

Add the pea mixture to the meat and let it cook on low heat, until the peas are done. This can vary between 5-10 minutes. To make sure the split peas are done, take one out of the pan and taste it.

Then add the tomato paste, dried limes (amount to taste), grinded saffron as the turmeric, salt and pepper and let it simmer without the lid until there's a small layer of fat/grease on the khoresh (from the meat and butter / sunflower oil)

Cut the potatoes into thin long strips (mini chips), fry in sunflower oil and when done sprinkle with salt. Serve the khoreshht in a deep dish and put the potato strips onto this.

Note: Stab with a fork holes in the limes. Remove the limes from the khoreshht after the khoreshht is done. If one wants the boiled limes in their khoreshht, one must be beware of the bitter seeds.

This dish is eaten with rice and a fresh seasonal salad.

Bon appétit!

## Walnut stew



**(khoresht fesendjan)**

**خورشت فسندجان**

(for 6 seats)

Ingredients:  
1 whole chicken

500 grams of grinded walnuts  
4 dessert spoons of golden fried onions  
4-5 cups of pomegranate juice or  
4 tablespoons pomegranate puree  
Salt to taste

Half-cook the chicken in 1.5 liters of water and always remove the foam. When the chicken is ready, put it aside.

Then cook the walnuts, onions, pomegranate juice or pomegranate puree and salt (to taste) in a separate pan for about 4-5 hours on a low heat. Let it simmer for the last 0.5 hours without a lid so it can evaporate most of the moisture and a thick sauce is left with fat onto it from the walnuts. If the taste of the dish is too sour, add some sugar, to taste. Cook the chicken for 5-10 minutes in the walnut sauce.

This dish can also be prepared with duck, lamb or beef.

This dish is eaten with rice and a fresh seasonal salad.

Bon appétit!

## **Stew fried vegetables and herbs**



### **خورشت قورمه سبزی (khoresht qoormeh-sabzie)**

(for 6 seats)

Ingredients:

500 grams of the green part of thin leeks

500 grams of fresh parsley or 100 grams of dried parsley  
50 grams of fresh coriander or 5 grams of dried coriander  
750 grams of lamb or calf bolt boneless or 100 grams with  
bone  
100 grams of kidney beans  
3-6 dried small limes (to taste)  
3 dessert spoons of golden fried onions  
1.5 dessert spoon of sunflower oil  
Salt and pepper to taste

Cut the meat into 2cm cubes and bake it lightly in the 1.5  
dessert spoon of sunflower oil.

Add 2-3 cups of water and let it cook until the meat is  
tender. The cooking time depends on the meat.  
Cook the beans in another pan. Add the fried onions and the  
boiled meat.

Cook this very gently for 5 to 10 minutes.  
Finely chop the leek and possibly the fresh parsley and  
coriander and fry this golden brown in the remaining of the  
sunflower oil (note: do not burn!)

Add the cooked vegetables and herbs, dried limes and salt  
and pepper to taste to the meat and beans. Let this cook  
gently for 15 minutes until the khoresht is boiled.

If one used dried parsley and coriander, proceed as  
followed:

Take a cup of water and 1.5 dessert spoon of oil and heat this mixture to a boil. Then add this mixture to the meat.

The khoresht tastes better if you use fresh herbs instead of dried ones.

Note:

Stab with a fork small holes into the limes. Remove the limes from the khoresht after the khoresht finishes. If one wants the boiled limes in the khoresht, one must beware of the bitter seeds.

Serve with rice and a fresh seasonal salad.

Bon appétit!

## Spinach-and-plum stew



**(khoresht esfenadj ba aloo)**

**خورشت اسفناج با آلو**

(for 6 seats)

Ingredients:

500 grams boneless meat or 750 grams of meat with bone

1 kilo of spinach  
500 grams of leek  
250 grams of plums  
1 dl oil  
4 teaspoons of golden fried onions  
Salt, black pepper and lemon juice to taste

Cut the meat inch thick, wash and boil with the fried onions in 2 glasses of water.

Cut the leeks into rings, and stir-fry this with the slices spinach in oil, so the moist evaporates. Add the plums and the meat together and let it simmer. Add at the end cooking salt, black pepper and juice.

This stew can also be prepared without the leek. In this case, the amount of the spinach has to be doubled.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Plum stew



**(khoresht aloo)**

**خورشت آلو**

(for 6 seats)

Ingredients:

A whole chicken

100 grams of washed yellow split peas (in Persian: lappeh)  
4 teaspoons of golden fried onions  
2 onions  
250 grams of plumes (or soaked, dried plums)  
1 dl of sunflower or olive oil, or butter  
Half a teaspoon of saffron  
2 teaspoons of sugar  
Salt and pepper to taste

Boil the chicken and onions until there is half a glass of water left, remove the pits from the plums, add the plums and boil it together for 5 minutes. Remove all the bones and skin from the chicken.

Half cook the split beans, add to the chicken and boil it together. At the end of cooking, add the sugar, golden fried onions, salt and black pepper to it.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Unripe almonds stew



**(khoresht chaqaleh badam)**

**خورشت چغاله بادام**

(for 6 seats)

Ingredients:

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750 grams of boneless meat  
500 grams of unripe almonds  
500 grams of mint and parsley  
1 dl of oil  
4 teaspoons of golden fried onions  
Salt, black pepper and lemon juice to taste

Cut the meat inch thick, wash it and boil it with the fried onions in 2 glasses of water until it's cooked.

Wash, drain and chop the mint and parsley and fry it shortly in oil.

Clean the unripe almonds and get rid of the tail.

Add fried mint, parsley and almonds to the meat and let it simmer. Add at the end of stewing the salt, black pepper and lime juice.

This stew can be prepared without mint and parsley. In this case, the quantity of the unripe almonds should be 750 grams.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Carrot stew



**(khoresht hawidj)**

**خورشت هویج**

(for 6 seats)

Ingredients:  
1 kilo of carrots

2 onions  
1 whole chicken or 750 grams of boneless meat  
250 grams of plums (or soaked, dried plums)  
1 dl of sunflower or olive oil, or butter  
2 teaspoons of saffron  
Salt and pepper to taste

Cut the meat or chicken into pieces and stir-fry it with the onions in 2/3 of the oil, and cook with a glass of water.

Cut and fry the carrots. Add the plums, saffron and sugar and stir-fry this a little. Add the meat or chicken, salt and pepper and let it simmer.

This dish is served with rice and a fresh salad.

Bon appétit!

## Eggplant stew



### (khoresht badendjan)

*خورشت بادنجان*

(for 6 seats)

Ingredients:

500 grams of boneless meat or 750 grams with bone

8 eggplants (as thin as possible and seedless)

1 dl of sunflower or olive oil, or butter

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100 grams washed yellow split peas (in Persian: lappeh)  
3 teaspoons of golden fried onions  
2 onions  
1 dessert spoon of tomato paste  
1 glass of tomato juice  
Half a teaspoon of saffron  
Lime juice, salt and pepper to taste

Peel the eggplant and cut in half and bake until it's golden brown. Note that the eggplant absorbs much oil when baking, so they must be baked at low heat. Put the eggplants after being baked and cooked separately.

Half cook the split peas and set aside.

Cut the meat an inch thick and stir-fry this with the onions in 1/3 of the oil. Add the half cooked split peas, a glass of water, tomato juice and tomato paste and lime juice and let it cook until there is a glass of water left. Add at the end of cooking the fried eggplant, salt and pepper, and let it simmer for a moment.

This dish can also be prepared without split peas.

This dish is served with rice and fresh seasonal salad.

Bon appétit!

## Zucchini stew



### (kholesht kadoo)

### خورشت کدو

(for 6 seats)

**Ingredients:**

500 grams of boneless meat or 750 grams with bone

8 zucchinis (as thin as possible)

1 dl sunflower or olive oil, or butter

100 grams washed yellow split peas (in Persian: lappeh)

3 teaspoons of golden fried onions  
2 onions  
1 dessert spoon of tomato paste  
1 glass of tomato juice  
Half a teaspoon of saffron  
Lime juice, salt and pepper to taste

Peel the zucchini, cut in half and bake it until it's golden brown. Note that zucchini absorbs much oil while cooking, so they must be baked at a low heat. Put the zucchinis separate after being baked and cooked.

Half cook the split peas and put aside.

Cut the meat inch thick and stir-fry this with the onions in 1/3 of the oil. Add the half cooked split peas, a glass of water, tomato juice and puree and lime juice, and let it cook until there is a glass of water left. Add at the end of cooking the fried zucchini, salt and pepper, and let it simmer for a moment.

This dish can also be prepared without split peas.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Grilled eggplant



**(mirzaghaseemi)**

میرزا قاسمی

[vegetarian recipe]

(for 6 seats)

Ingredients:

8 eggplants (as thin as possible and seedless)

6 cloves of garlic

1.5 dl sunflower or olive oil, or butter  
5 eggs  
4 skinless tomatoes  
Salt and pepper to taste

Tip:

In order to peel the tomatoes, immerse the tomatoes for a moment in boiling water. Once the peel releases, the tomatoes can be skinned.

The microwave is also an option.

Grill the eggplants on the stove or in an oven. Note that the core of the eggplants must be cooked. Allow the grilled eggplant to cool down and remove the grilled skin, the seeds and the stalk.

Chop the tomatoes and eggplants finely.

Place the skillet on a low heat, heat the oil and fry the garlic. Add the eggplants and tomatoes once the garlic is golden brown. Add salt and pepper and let it cook.

Fry the eggs and add to the eggplants, mix it together and bake it briefly.

This dish is served with rice and /or baguette / Turkish bread or pita and a fresh seasonal salad.

Bon appétit!

## Quince stew



**(taskabab of khoresht beh)**

**تاس کباب / خورششت به**

(for 6 seats)

Ingredients:

500 grams of boneless meat or 750 grams with bone

1 kilo quinces

2 teaspoons of sugar

1 dl sunflower or olive oil, or butter

3 teaspoons of golden fried onions  
2 onions  
1 dessert spoon of tomato paste  
Half a teaspoon of saffron  
Lime juice, salt and pepper to taste

Peel the quinces, remove the pit, discard the core, cut into four pieces and fry in oil. Add the sugar, lime juice, saffron and 1 glass of water. Let it boil and put aside. Once the meat is cooked, add the quinces mixture. Note that the quinces are not overcooked.

Cut the meat inch thick and stir-fry with the onions in 1/3 of the oil. Add a glass of water and tomato puree. Let this cook until there is a glass of water left. Add at the end of cooking the quince mixture, salt and pepper, and let it simmer for a moment.

This dish can also be prepared with split peas and/or baked potatoes.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Celery stew



**(khoresht karafs)**

**خورشت کرفس**

(for 6 seats)

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Ingredients:

500 grams of boneless meat or 750 grams with bone

5 stalks celery

1 dl sunflower or olive oil, or butter

3 teaspoons of golden fried onions

2 onions

500 grams of mint and parsley or dried 3 tablespoons

Half a teaspoon of saffron

Lime juice, salt and pepper to taste

Clean the celery and remove the green leaves and the veins.

Cut the celery inch-thick and fry.

Finely chop the mint and parsley, fry and add to the baked celery and onions. Note that the celery is not overcooked.

Cut the meat inch-thick and stir-fry with the onions in 1/3 of the oil. Add a glass of water and lemon juice and let it cook until there is a glass of water left. Add at the end of cooking the celery mixture, salt and pepper, and let it simmer for a moment.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Rhubarb stew



**(khoresht riwas)**

**خورشت ریواس**

(for 6 seats)

Ingredients:

500 grams of boneless meat or 750 with bone

1 kilo of rhubarb

1 dl sunflower or olive oil, or butter  
3 teaspoons of golden fried onions  
2 onions  
500 grams of mint and parsley or dried 3 tablespoons  
Half a teaspoon of saffron  
Lime juice, salt and pepper to taste

Clean the rhubarb and remove the veins. Cut the rhubarb inch-thick and bake.

Finely chop the mint and parsley, fry and add to the baked rhubarb and onions. Note that the rhubarb is not overcooked.

Cut the meat inch-thick and stir-fry with the onions in 1/3 of the oil. Add a glass of water and lemon juice and let it cook until there is a glass of water left. Add at the end of cooking the rhubarb mixture, salt and pepper, and let it simmer for a moment.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Okra stew



**(khoresht kangar)**

**خورشت کنگر**

(for 6 seats)

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Ingredients:

500 grams of boneless meat or 750 with bone

1 kilo of okra

1 dl sunflower or olive oil, or butter

3 teaspoons of golden fried onions

2 onions

500 grams of mint and parsley or dried 3 tablespoons

Half a teaspoon of saffron

Lime juice, salt and pepper to taste

Clean the okra and remove the veins. Cut the okra inch-thick and bake.

Finely chop the mint and parsley, fry and add to the baked okra and onions. Note that the okra is not overcooked.

Cut the meat inch-thick and stir-fry with the onions in 1/3 of the oil. Add a glass of water and lemon juice and let it cook until there is a glass of water left. Add at the end of cooking the okra mixture, salt and pepper, and let it simmer for a moment.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Broad beans stew



**(baqala qatoq / gol dar chaman /  
baqali khoresht)**

**باقالا قاتق / گل در چمن / خورشفت باقالی**

[vegetarian recipe]

(for 6 seats)

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Ingredients:

2 kilos of fresh broad beans  
1 dl of sunflower or olive oil, or butter  
500 grams of fresh dill  
3 teaspoons of golden fried onions  
2 cloves garlic  
5 eggs  
Salt and pepper to taste

Fry the broad beans\* and chopped dill in 1/3 of the oil. Add salt and pepper, two glasses of water and the garlic and let the broad beans cook. Break the eggs one by one at the end of the cooking process without stirring the food. This is how one has the eggs entirely in this recipe.

The eggs can also be separately baked, and are added at the end of the cooking process.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

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\* When shelling broad beans, both the green thick skin as the thin film must be removed from the broad beans.

## Green beans stew



**(khoresht loobia)**

**خورشت لوبيا سبز**

(for 6 seats)

Ingredients:

500 grams of boneless meat or 750 grams with bone

750 grams of green beans  
2 onions  
1 dl of sunflower or olive oil, or butter  
2 tablespoons of tomato paste  
Half a teaspoon of saffron  
Lime juice, salt and pepper to taste

Cut the meat inch-thick and stir-fry with the onions in 1/3 of the oil. Add a glass of water and let it cook and put aside.

Shell the beans, remove the wires and cut the green beans in 3 cm sized pieces. Bake this briefly in the oil. Add at the end of cooking the tomato paste, saffron, lime juice, salt and pepper, and let it bake for a moment. Add it to the meat and let it simmer.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Cottage cheese stew



### (khoresht mast)

خورشت ماست

(for 6 seats)

Ingredients:

A whole chicken or 500 grams of boneless meat (750 grams with bone)

1 liter of cottage cheese

Half a teaspoon of saffron

1 dl of sunflower or olive oil, or butter  
30 grams of dried orange peel debittered\*  
3 dessert spoons of golden fried onions  
Salt to taste

Cut the chicken or meat in pieces and stir-fry this with the golden fried onions in 2/3 of the oil. Add a glass of water and cook. Remove the chicken or meat and put this aside. Add the saffron, debittered orange peel and salt and let it boil for a while. Add the cottage cheese to the mixture and let it heat up until it becomes a thick sauce. Note that the cottage cheese doesn't boil!

Put the chicken or meat pieces in a deep bowl and pour the sauce over it. You can also put fried cranberries or other flavored fruits on this as decoration.

This dish is served with rice and a seasonal fresh salad.

Bon appétit!

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\* Debitter: Peel 2 to 3 oranges really thin, so without the (bitter) white sheet. Cut the peel into very thin strips. Put these in a pan with water and boil it 5 minutes and rinse afterwards. Then boil and rinse 2 to 3 times, test whether it is still bitter. If it is bitter, boil for 5 minutes and rinse again. Then let it dry.

## Unripe plums stew



**(khoresht aloocheh)**

**خورشت آلوچه**

(for 6 seats)

Ingredients:

500 grams of boneless meat or 750 grams with bone

500 grams of unripe plums  
500 grams of mint and parsley  
1 dl oil  
4 teaspoons of golden fried onions  
Salt, black pepper and lemon juice to taste

Cut the meat inch thick, wash and cook with the onions and 2 glasses of water until done.

Wash the mint and parsley, drain and chop it and fry it briefly in oil.

Clean the unripe plums and get rid of the tail.

Add the fried mint, parsley and plums to the meat and let it simmer. Add at the end of stewing the salt, black pepper and lime juice.

This stew can be prepared without the mint and parsley. In this case, the amount of unripe plums becomes 750 grams.

This dish is served with rice and a fresh seasonal salad. Note the pits!

Bon appétit!

## Sour chicken stew



**(khoresht morq torsh)**

**خورشت مرغ ترش**

(for 6 seats)

Recipe from northern Iran, near the Caspian Sea

Ingredients:

A whole chicken

1 kilo of spices: leek, parsley, mint and coriander  
2 cloves garlic  
3 dessert spoons of gold fried onions  
50 grams of washed yellow split peas (in Persian: lappeh)  
3 teaspoons of rice flour  
1.5 dl of sunflower oil  
5 eggs  
4 teaspoons of limejuice  
Salt and black pepper to taste

Cut the chicken into pieces and fry it with the onions in 1 glass of water until it is cooked.

Cook the peas half-done.

Chop the herbs and garlic finely and fry it in oil.  
Add salt and pepper when the chicken is almost done, and let it boil.

Dissolve the rice flour in cold water and add in parts to the chicken. Note that it should not form lumps!

Then break the eggs and add to the boiling mixture while stirring it. Finally, add the salt, black pepper and lime juice and let it simmer for a moment.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Tangerines stew



**(khoresht narengi)**

**خورشت نارنگی**

(for 6 seats)

Ingredients:

A whole chicken

1 kilo of tangerines  
500 grams of carrots  
30 grams of dried orange peel debittered\*  
1.5 dl of sunflower oil  
2 onions  
50 grams of chopped pistachios and almonds  
4 teaspoons of lime juice  
3 dessert spoons of sugar  
1 dessert spoon of wheat flour  
Half a teaspoon of saffron  
Salt to taste

Cut the chicken into pieces and let it simmer with the onions in 1 glass of water until it is done.

Fry the wheat flour briefly in oil and add this to the chicken.

Cut the carrots into small pieces and add it along with the dried orange peel, lime juice, sugar, saffron and salt to the chicken. Let the mixture simmer.

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\* Debitter: Peel 2 to 3 oranges really thin, so without the (bitter) white sheet. Cut the peel into very thin strips. Put these in a pan with water and boil it 5 minutes and rinse afterwards. Then boil and rinse 2 to 3 times, test whether it is still bitter. If it is bitter, boil for 5 minutes and rinse again. Then let it dry.

Peel the tangerines, remove the pits and place in a bowl. Put the chicken mixture all over it. Finally, place the chopped pistachios and almonds over it.

To taste: the tangerines may be cooked briefly. They can also be replaced by oranges or grapefruits.

This dish is served with rice and a fresh seasonal salad.

Bon appétit!

## Eggplant-curd stoofpotje



**(khoresht kashk badendjan)**

**خورشت کشک بادندجان**

(for 6 seats)

Ingredients:

2.5 dl of curd

500 grams of meat without bone

8 eggplants (as thin as possible and seedless)

1 dl of sunflower or olive oil, or butter  
100 grams of washed yellow split peas (in Persian: lappeh)  
3 teaspoons of golden fried onions  
1 dessert spoon of golden fried garlic  
1 dessert spoon of tomato paste  
Half a teaspoon of saffron  
3 teaspoons of fried chopped mint  
3 teaspoons of crushed walnuts  
Salt and pepper to taste

Peel the eggplants, cut in half and bake it until it is golden brown.

Note that eggplants absorb much oil while baking, so they must be baked at low heat. Put the eggplants aside after being cooked.

Half-cook the split peas and put aside.

Cut the meat in inch thick pieces and stir-fry in 1/3 of the oil.

Add the half-cooked split peas, a glass of water and tomato paste and let this cook until there is a glass of water left.

Add at the end of cooking the fried eggplants, saffron, salt and pepper and let it simmer for a moment.

Heat the curd, please note that it should not boil!

Serve this recipe in a bowl. Spoon the heated curd on top. Decorate them with golden fried onions, golden fried garlic, fried chopped mint and crushed walnuts.

This recipe can also be prepared without split peas.

This dish is served with Turkish bread or baguette and a fresh seasonal salad.

Bon appétit!

## Desserts



(deser of pas qaza)



دسر / پس غذا



## Sweets



(shirinidjat)



شیرینیجات

## Thick sugar syrup



(sharbat qaliz)

شربت غلیظ

Ingredients:

- 1 glass of water
- 400 grams of sugar
- 3 tablespoons of honey without wax
- Half a glass of rosewater
- 1 dessert spoon of lime juice

Make the water, sugar, honey and rosewater cook until it has thickened. Add the lime juice at the end of cooking. Allow to cool.

## Bamiyeh



باميه

### Ingredients:

- 1 small glass of water
- 120 grams of wheat flour
- 5 teaspoons of melted butter or sunflower oil
- Half a liter of bake or sunflower oil
- 3 eggs
- 1 glass of thick sugar syrup

Let the water and oil boil. Add the wheat flour at once, and stir calmly while the water evaporates and a thick substance is left. Allow to cool down.

Add the eggs one by one and stir until it becomes a soft and delicate dough. Put the dough in a pastry bag and let it rest for half an hour.

Heat the olive or sunflower oil. First let a piece of dough slide into the oil and discard it after it is baked. Then let the dough from the pastry bag run into the boiling oil by the size of an inch.

Note that there aren't too many pieces put in at once, because the pieces need space to expand.

Once the pieces of dough are fried remove them out of the oil with a skimmer, drain and dip into the sugar syrup for five minutes. Allow to cool down.

Bon appétit!

NB.:

The color of bamiyeh is light beige. In order to obtain a golden brown color, add 2 dessert spoons of sugar when the water and oil is brought to boil.

An offer:

Bake bamiyeh in two colors.

Decorate the bamiyeh with a small amount of crushed pistachios when serving.

## Zoolbiya



### زولبيا

Ingredients:

100 grams of starch

100 grams of yogurt

Half a liter of baking or sunflower oil

1 glass of thick sugar syrup

Mix the yogurt and starch together and stir this until it becomes a fine and soft substance.

If the mixture is too thick, add one more teaspoon of water. Put the mixture into a pastry bag and let it rest for half an hour.

Heat the baking or sunflower oil. First let a piece of yogurt-starch mixture slide into the oil and discard it after it is baked. Then allow the mixture from the pastry bag run into the boiling oil in the form of a spiral.

Note that there aren't too many pieces put in at once, because the pieces need space to expand.

Fry with 20 spirals of the same sizes.

Once the spirals are fried remove them out of the oil with a skimmer, drain and dip into the sugar syrup for five minutes. Allow to cool down.

Bon appétit!

NB.:

The color of zoolbiya is light beige. In order to obtain a golden brown color, add half a teaspoons of finely chopped and dissolved in water saffron to the yogurt-starch mixture.

An offer:

Bake zoolbiya in two colors.

Decorate the zoolbiya with a small amount of crushed pistachios when serving.

## Gooshfil (literally: elephant ear)



### گوش فيل

Ingredients:

5 slices of puff pastry

Half a liter of baking or sunflower oil

1 glass of thick sugar syrup

To taste 1 box of powdered sugar

Defrost the puff pastry and cut each slice into 4 pieces.

Fill the sheets to taste with raisins, small pieces of apple, pineapple or other before baking!

These somewhat resemble the Dutch apple turnovers!

Coat the edges lightly with some water and fold these pieces into triangles. Pressure the edges and make with a fork a number of holes in the middle.

Heat the baking or sunflower oil. First let a puff piece slide into the oil and dispose it after it is baked. Then place the folded pieces of pastry in the oil.

Note that there aren't too many pieces put in at once, because the pieces need space to expand.

Once the puff sheets are fried remove them out of the oil with a skimmer, drain and dip into the sugar syrup for five minutes. Allow to cool down.

If wanted with powdered sugar: pollinate the cooked and drained puff sheets on both sides with powdered sugar.

Bon appétit!

An offer:

Bake Gooshfil in two variants.

Decorate the Gooshfil with a small amount of crushed pistachios when serving.

## Helwa



**(halwa)**

حلوا

(for 6 seats)

Ingredients:

250 grams of rice and/or wheat flour

250 grams of sugar

250 grams of melted butter or sunflower oil

1 teaspoon of crushed saffron

4 dessert spoons of water  
0.5 dessert spoon of rosewater (available at Oriental grocers)  
50 grams of mixed chopped pistachios, cashew nuts and almonds

Heat a heavy saucepan on the stove.  
Sprinkle flour into the hot pan and stir until it becomes lightly brown.  
Add melted butter or sunflower oil and stir a little.

Meanwhile, boil in another pan water and sugar. Add rosewater and the crushed saffron and let it boil a little.

Pour this sugar water very gently (!!!!) into the flour mixture and while stirring make it boil briefly.  
Wearing a glove would not be unwise in this process.

Please note! If the sugar water is not poured very carefully into the flour mixture, the glowing mixture will spatter up.

Spread the mixture on a flat bowl and allow this to cool down. Create with a fork, knife or glass figures on the dish. Garnish with the chopped nuts.

## Ranginak



## رنگینک

Ingrediënten:

250 grams of wheat flour

1 dl of sunflower oil

200 grams of soft black dates

50 grams of coarsely crushed walnuts  
1 teaspoon of finely crushed cinnamon  
Half a teaspoon of very finely chopped cardamom  
2 teaspoons of crushed pistachios  
4 tablespoons of icing sugar

Heat the oil and add the wheat flour into the heated oil. Reduce the heat to low and keep stirring the flour until it is golden brown.

Allow this to cool. Mix it together with the icing sugar, cinnamon and cardamom.

Remove the pits from the dates, and fill it with crushed walnuts.

Flatten half of the wheat mixture in a flat dish with a thickness of a centimeter. Arrange the stuffed dates on the dough. Put the other half of the wheat mixture over it and crush it.

Sprinkle with crushed pistachio nuts, sugar and cinnamon on the whole recipe as decoration.

The decoration can be adjusted according to taste.

Leave it for about half an hour. Cut the Ranginak into squares or diamonds.

Bon appétit!

## Yellow rice porridge



**(shole-zard)**

شله زرد

(for 6 seats)

Ingredients:  
200 grams of rice

500 grams of sugar  
0.4 dl of melted butter or sunflower oil  
1 gram of finely crushed saffron  
1 dl of rosewater  
50 grams of peeled almonds  
50 grams of crushed pistachios  
2 table spoons of crushed cinnamon

Wash the rice and cook it in half a liter of water. Remove the foam during cooking with a skimmer. Add sugar when the rice is completely cooked soft. Keep stirring until a thin rice pudding has developed, which is sweet and has no milk. When the porridge is too thick, add some water.

Dissolve the finely ground saffron in a small amount of water and add it together with the butter or sunflower oil to the rice porridge and continue stirring. Then add 4/5 of the peeled almonds and rosewater, place the lid on the pan and place this pan on a simmer plate, on a very low heat, and do not stir.

Serve in small bowls. Garnish it with finely chopped cinnamon, peeled almonds and crushed pistachios.

Bon appétit!

## Masqati



مسقطى

(for 6 seats)

Ingredients:

50 grams starch

100 grams of sugar

One and a half liter of water

1 cup of rosewater  
0,3 dl of melted butter or sunflower oil  
50 grams of toasted blanched almonds

Dissolve the starch in cold water. Put this in a heavy saucepan, preferably an enameled saucepan and let it boil. Continue to stir and make sure it does not burn. Add sugar, rosewater, almonds and oil or melted butter once the mix is a little firm, and let it just boil.

Serve in small bowls. Decorate the masqati with peeled, roasted almonds!

Note: in order to be sure that the mixture is ready, with a spoon draw a line on the surface of the mixture. If this remains visible, the mixture is ready!

Bon appétit!

## Masqati, in strips



### مسقطی بریده

(for 6 seats)

Ingredients:  
50 grams starch  
100 grams of sugar  
1 liter of water

1 cup of rosewater  
0.3 dl of melted butter or sunflower oil  
50 grams of toasted blanched almonds

Dissolve the starch in cold water. Put this in a heavy saucepan, preferably an enameled saucepan and let it boil. Continue to stir and make sure it does not burn. Add sugar, rose water, almonds and oil or melted butter once the mix is a little firm, and let it just boil.

Allow this to cool down.

Note: in order to be sure that the mixture is ready, with a spoon draw a line on the surface of the mixture. If this remains visible, the mixture is ready!

Grease a flat dish with a raised edge, and add the cooled masqati. Spread this and garnish with peeled roasted almonds!

The last act is cutting the ice paradise into small diamond shapes.

Bon appétit!

## Ice cream from paradise



(yakh dar behesht)

یخ در بهشت

(for 6 seats)

Ingredients:

25 grams of rice flour

35 grams starch

200 grams of sugar

Half a liter of water

Half a liter of milk

1 cup of rosewater

50 grams of crushed pistachios

Dissolve the starch in cold water. Then solve the rice flour into the milk. Put these two in a heavy saucepan, preferably an enameled saucepan and let it boil. Continue to stir and make sure it does not burn. Add rosewater and sugar and continue stirring until the ice from paradise is ready.

Note: in order to be sure that the mixture is ready, with a spoon draw a line on the surface of the mixture. If it is visible, the mixture is ready!

Grease a flat dish with a raised edge, and add the cooled cream from paradise. Spread this and garnish with crushed pistachios!

The last act is cutting the ice paradise into small diamond shapes.

Bon appétit!

## Porridge



**(ferni)**  
فرنی

(for 6 seats)

Ingredients:  
2 tablespoons of rice flour

100 grams of sugar  
1 cup of rosewater  
Half liter of milk  
50 grams of crushed pistachios

Dissolve the rice flour in cold milk. Add the sugar and rosewater to this, put this in a heavy saucepan, preferably an enamel saucepan, and let it boil. Continue to stir and make sure it does not burn.

Serve in small bowls. Decorate it with grinded pistachios!

Note: in order to be sure that the mixture is ready, with a spoon draw a line on the surface of the mixture. If it is visible, the mixture is ready!

Bon appétit!

## Sweet drinks



(shrbatha)

شربت ها

-225-

## Sweet drink with rose water



**(sharbat golab)**

**شربت گلاب**

(for 6 seats)

The following syrup is the basis for almost all Iranian sweet drinks.

Ingredients:

1 glass of water  
200 grams of sugar  
1 tablespoon of honey, without wax  
Half a glass of rose water  
1 dessert spoon of lime juice

Let the water, sugar, honey and rosewater cook until it has thickened. Add the lime juice at the end of the cooking process. Allow to cool.

Serve:

Put a layer of syrup in a glass. The amount of syrup depends on the taste. Normally this should be  $\frac{1}{4}$  of the glass. Fill the glass, as desired, with water and ice cubes.

Enjoy your drinks!

## Sweet drink with basil seeds



(sharbat tokhmeh sharbati)

شربت تخم شربتی

(for 6 seats)

-228-

**Ingredients:**

7 glasses of water

200 grams of sugar

Half a glass of rose water

20 grams of basil seeds, more or less as desired

Let the basil seeds soak for 6 hours.

Put the water, sugar, rose water and soaked basil seeds in a shaker and shake until the sugar is completely dissolved.

**Serve:**

Fill the glass, as desired, with the sweet drink and ice cubes and pour it to the thirsty!

Enjoy your drink!

**Sweet drink  
with the seeds of the yellow iris**



**(sharbat khake shir)**

**شربت خاک شیر**

(for 6 seats)

-230-

**Ingredients:**

7 glasses of water

200 grams of sugar

Half a glass of rose water

20 grams of seeds of the yellow iris, more or less to taste

Let the seeds of the yellow iris soak for 6 hours.

Put the water, sugar, rose water and soaked seeds of the yellow iris in a shaker and shake until the sugar is completely dissolved.

**Serve:**

Fill the glass, as desired, with the sweet drink and ice cubes and pour it to the thirsty!

Enjoy your drink!

## lime juice



**(sharbat ablimoo)**

شربت آبلیمو

(for 6 seats)

-232-

Ingredients:

7 glasses of water

200 grams of sugar

Half a glass of lime juice

Put the water, sugar and lime juice in a shaker and shake until the sugar is completely dissolved.

Serve:

Fill the glass, as desired, with the sweet drink and ice cubes and pour it to the thirsty!

Enjoy your drinks!

**Sweet drink with  
Lime juice  
and  
quince jam**



**(sharbatbehlimoe)**

**شربت به لیمو**

(for 6 seats)

-234-

**Ingredients:**

6 glasses of water

100 grams of quince jam, more or less to taste

3 tablespoons of lime juice

Put the water, jam and lime juice into a shaker and shake it until the content is completely dissolved.

**Serve:**

Fill the glass, as desired, with the sweet drink and ice cubes and pour it to the thirsty!

Enjoy your drinks!

## Sweet drink with saffron



**(sharbat zafarani)**

شربت زعفرانی

(for 6 seats)

-236-

Ingredients:

7 glasses of water

200 grams of sugar

Half a glass of rose water

1 teaspoon finely grinded saffron

Put the water, sugar, rose water and grinded saffron into a shaker and shake until the sugar is completely dissolved.

Serve:

Fill the glass, as desired, with the sweet drink and ice cubes and pour it to the thirsty!

Enjoy your drinks!

## Sweet drink with cherry jam



(sharbat albaloo)

شربت آلبالو

(for 6 seats)

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This sweet drink is made with all kinds of jam!

Ingredients:

6 glasses of water

100 grams of cherry jam, more or less to taste

Put the water and jam in a shaker and shake it until the content is completely dissolved.

Serve:

Fill the glass, as desired, with the sweet drink and ice cubes and pour it to the thirsty!

Enjoy your drink!

## Sweet drink with honey and vinegar



**(sharbat serkandjabin)**

**شربت سرکنجبین**

(for 6 seats)

Ingredients:

7 glasses of water

Half a glass of honey

A quarter glass of vinegar

Put the water, vinegar and honey in a shaker and shake it until the content is completely dissolved.

Serve:

Fill the glass, as desired, with the sweet drink and ice cubes and pour it to the thirsty!

Enjoy your drink!

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### کتابخانم آشپزی ایرانی

You shall know that the food also has a series of rituals; some of them follow below:

You shall begin to eat first, in case if thou are the host.

You shall finish eating last, in case if thou are the host.

You shall not eat before elderly or scholars if they are in your presence, unless thou are the host.

You shall not sit quietly at the table, it is advisable to talk about fun and pleasant topics.

You shall treat your table guests kind and honest, even give him or her precedence.

You shall treat a guest three times.

You shall take an open and cheerful initiative and cozily participate at the table.

You shall not glare at other people, when they are eating.

You shall not bring up unpleasant or rude things that might bother others.

After all, you shall know that a famous saying reads: "It does not matter what you eat, but it is important with whom you eat!"

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