

*****Please note that there are several pages of recipes here. You must scroll down to see all 5 of the recipes.**

Sabzi Polo (Herbed Rice)

This herbed basmati rice is the traditional Nowruz version. It's absolutely beautiful and it smells so good!

Ingredients

2 cups basmati rice (2 cups)
1 bunch of fresh parsley
1 bunch of fresh dill
1 bunch of fresh chives
1 bunch of fresh cilantro/coriander
4 cloves garlic
3 Tbsp vegetable oil
2 tsp salt
6 Tbsp of butter, divided into 1 Tbsp each
1/4 tsp ground saffron

- Wash all herbs and shake to dry. Place them on a dry towel or paper towel to drain or put between layers of towel or paper towels and press to speed drying.
- Remove the larger stems and finely chop all herbs. Put all herbs into a bowl.
- Peel and finely chop or use a garlic press on the garlic bulbs. Add the garlic to the herb mixture and mix well.
- Crush about ½ tsp of saffron threads in a mortar & pestle with a small amount of sugar (I demonstrated this in the October World Kitchen but will go over it again this month). Put two ice cubes into a small bowl and sprinkle the crushed saffron mixture over the top. Set aside in a warm spot in your kitchen to melt.
- Place 2 cups of Basmati rice into a large bowl and fill the bowl with cool water. Wash the rice by using your hands to move it around in the bowl of water and then carefully drain off as much water as you can without spilling the rice into the sink. I use one hand to tilt the bowl and the other to cover

the edge of the bowl and let the water drain between my fingers while holding the rice in. Repeat this process 3 times.

- Transfer rinsed rice to a large non-stick cooking pot that has a tight-fitting lid. Add water to cover the rice plus an additional inch to two inches above the rice. Add the 2 tsp of salt to the water.
- Turn heat to medium-high until rice comes to a boil, then lower to low-medium to ensure that the rice continues to boil, but slowly. Cover the pot with a lid.
- In this step we are parboiling the rice. This will take about 8 minutes, but your time may vary based on your stove and pan. We do not want the water to all boil away and the rice is parboiled when it begins to look a bit “fuzzy.”
- When the rice seems parboiled (you can also test a grain by tasting it; it should be slightly firm, but chewable with just a bit of hardness in the center) drain the rice in a colander and rinse under cool running water to wash off any excess salt.
- Add about 3 tbsp of extra-virgin olive oil to your non-stick pot and put the heat on medium. Carefully transfer about one third of the parboiled rice to the pot, ensuring that the grains are separate and not mashed down. Add about half of your herb mixture over the top of this rice, gently spreading it all over the top.
- Repeat this process again, then finish with the last one third of the rice.
- Using a wooden spoon, poke several holes in the rice, reaching all the way to the bottom of the pan. This will allow the steam to rise from the bottom of the pot. Pour about ¼ cup of water over the rice, then arrange 6 tablespoons of rice around the top of the rice in 1 tablespoon sections.
- Using a clean kitchen towel or several paper towels, wrap the lid of the pan so that the towel is between the lid and the pan. Fit the lid tightly onto the pan, pulling the excess towel to the top so that it does not get near the burner/flame. This process pulls moisture from the rice so that the grains remain separate and do not get sticky.

- Reduce temperature to low/medium and allow the rice to steam for about 30 minutes.
- When rice is ready, remove lid and turn off heat.
- Using a spatula or large serving spoon, gently fold the rice together, incorporating all of the herbs into the rice.
- Remove about two cups of the rice and put in a medium sized bowl. Slowly pour melted saffron over this bowl of rice and stir to mix it all together. This should give this bowl of rice a beautiful yellow color and wonderful aroma.
- Now, using a spatula, gently transfer the rest of the rice from the pan to a large serving platter. DO NOT break up the crust of rice that is in the bottom of the pan, but carefully scrape as much of the loose rice away from it as you can. Sprinkle the saffron-blended rice over the top of your herbed rice.
- Then, using the sharp end of your spatula, break up the rice crust into bite-sized or slightly larger pieces. You may need to pull the entire crust out onto another platter and use your hands to help break up the *tadigh* or crust. Arrange the pieces around the sides of your rice platter to make a nice presentation.

Mahi (Fish)

There are many ways Persians serve fish with their Sabzi Polo. This is the most traditional way, but you should feel free to serve your fish in the way that best suits your family. We often bake salmon covered in an Italian dressing if we're in a hurry.

Ingredients

4 – 6 fish fillets (any white fish works well, such as haddock, tilapia, or mahi mahi)

1.5 cups of all-purpose flour

2 Tbsp of paprika

1 Tbsp of garlic powder

salt & pepper to taste

1 cup of vegetable oil

- In a shallow bowl, combine flour, paprika, garlic powder, salt and pepper.
- Rinse fish fillets and gently pat dry with paper towel.
- Heat vegetable oil in a large skillet.
- Gently lay one fillet of fish in the flour mixture and press into the mixture to adhere flour to fish. Flip fish over and do the same on the other side.
- Carefully lay fillet into skillet and repeat with all fillets.
- Fry fish until a golden brown on both sides. The time will vary based on the temperature of the oil and the thickness of the fillets. Just be sure that the fish is opaque and flakey to ensure that it is cooked through.
- Remove fish from skillet and allow the fillets to rest on a paper towel covered platter for a few minutes.
- Transfer to serving platter and serve along with herbed rice, wedges of lemon, and other side dishes.

Kuku Sabzi (Herbed Frittata)

This happy dish can be served warm or cold and can be eaten by itself, with rice and fish, or wrapped in pita bread with a little seasoned, plain yogurt. The herbs and eggs all symbolize springtime and new life!

Ingredients

2 bunches of fresh parsley
2 bunches of fresh cilantro/coriander
2 bunches of fresh dill
1 yellow onion
1 leek (tough, dark green part discarded)
1 Tbsp dried fenugreek leaves—optional (available online: Amazon & Persian Mkts)
5 eggs
1 tsp baking powder
1 tsp ground black pepper
1.5 tsp salt
2 Tbsp + ¼ cup vegetable oil (separated)

- Clean and chop all fresh herbs using a large knife. Do NOT use a food processor to chop the herbs as this will give you a mushy mess. Put herbs into a large mixing bowl.
- Separately, finely chop yellow onion and only the white and light green parts of the leek. Discard the tough, dark green parts.
- Pour 2 Tbsp of oil into a large skillet. Sautee finely chopped onion and leek for a few minutes until slightly softened. Remove from skillet and set aside.
- Wipe excess oil from skillet.
- Crack 5 eggs to a medium mixing bowl and beat well with a fork.
- Add the eggs the herb mixture, along with 1 tsp baking powder, dried fenugreek leaves, and the salt and pepper. Stir all together well.

- Add the cooled onion/leek mixture to the mixing bowl and beat well with a large spoon.
- Pour ¼ cup of vegetable oil into skillet and heat to medium/high.
- Pour mixture into the skillet and, using a spatula, smooth out the top of the mixture, patting it down into the skillet well.
- Turn temperature to low/medium and cover with a tight-fitting lid.
- Cook about 12-15 minutes. Remove lid and cut into the center of the kuku with the spatula to see if it is solid enough to flip over. If you think it's ready, cut into four equal pieces and carefully flip each piece over and cook an additional 5 minutes to brown the other side.
- Cut each of the four pieces in half again for a total of 8 pieces of Kuku Sabzi.
- Serve warm with your meal or serve chilled in pita bread with some seasoned plain yogurt.

Mast-o-Khiar (Cucumber & Herb Yogurt)

This savory yogurt dish is light and creamy and the perfect accompaniment for the Sabzi Polo and Mahi we will be serving.

Ingredients

1 (32 oz) container of plain, full-fat yogurt (you can use low-fat, but it won't be as creamy and authentic)

1 English cucumber or 8 Persian cucumbers

1/8 cup of dried mint

salt & pepper to taste

- Open yogurt container and gently stir to mix in any liquid that has pooled at the top of the container. Pour entire contents of container into a medium mixing bowl.
- Peel cucumber(s) and dice into small cubes. Place diced cucumber in a colander and drain for several minutes.
- Add cucumber to yogurt in bowl.
- Add about 1 teaspoon of salt and ½ teaspoon of pepper to this mixture. Stir well.
- Add in 1/8 cup of dried mint and mix well.
- Cover and refrigerate for at least 30 minutes to allow the salt to become incorporated and the mint to rehydrate.
- Taste and adjust salt if needed.
- Serve in small bowls with meal.

*Optional – chop up some pistachio nuts and lightly sprinkle on top of yogurt when serving.

Salad Shirazi

This salad, which originated in the city of Shiraz, is a light and flavorful accompaniment to any Persian meal.

Ingredients

1 English cucumber

2 large tomatoes

1 medium yellow onion

2 large lemons (to squeeze about 3/4 cup of fresh lemon juice)

¼ cup of dried mint

salt & pepper to taste

- Peel cucumber and dice into small pieces.
- Core tomatoes and cut into small pieces.
- Peel onion and dice into small pieces.
- Put all vegetables into a medium mixing bowl.
- Add dried mint and salt & pepper to taste.
- Reem lemons allowing juice to fall into veggie filled mixing bowl.
- Mix everything well, cover, and place in refrigerator for about 30 minutes.
- To serve, remove from refrigerator, stir again and taste. Adjust salt to your taste.
- Serve in small bowls with any Persian meal.