

Zucchini Nut Bread

Ingredients

2 cups all-purpose flour
1 cup sugar
2 teaspoons baking soda
2 tablespoons cinnamon
1 teaspoon lemon zest
1 teaspoon salt
3 large eggs
2 cups grated zucchini
¾ cup vegetable oil
2 tablespoons vanilla
1 ½ cups chopped walnuts

Instructions

- Preheat oven to 350°F.
- Spray oil two loaf pans and set aside.
- Combine flour, sugar, baking soda, cinnamon, lemon zest, and salt in a medium sized bowl. Whisk or stir to combine and set aside.
- In a large bowl, beat the eggs and then add the zucchini, oil, and vanilla. Mix well.
- Add the dry ingredients to the wet ingredients without beating too much.
- Add walnuts and mix till just combined.
- Pour half of the mixture into each of the loaf pans.
- Bake for about one hour or until a toothpick inserted in the center of the loaf comes out clean.
- Cool in the pans for 10 minutes, then remove and cool on a wire rack.
- Once completely cool, wrap in aluminum foil and store in refrigerator.

Khoresh Bademjan (Beef & Eggplant Stew)

Note: Cooking takes roughly 3 hours, including baking time. In addition, eggplant needs to drain for at least 3 hours before cooking begins.

Ingredients

- 6 medium/large eggplants; smooth skin, darkest purple/black **OR** 12 small, thin eggplants
- 2 lbs. beef stew meat
- 2 onions, diced
- 3 cloves garlic, minced/crushed
- 3 tablespoons tomato paste
- 3 large tomatoes, sliced into circles
- 1 ½ tablespoons turmeric
- 1 ½ tablespoons paprika
- 2 Tbsp. Extra Virgin Olive Oil
- Vegetable Oil
- Salt
- Pepper

If using medium/large eggplants, at least 3 hours before you plan to begin cooking, peel and slice eggplant into about ½ inch slices (lengthwise). Place in a colander and heavily salt, tossing eggplant to ensure that the salt is on all slices. Place in sink or over a deep bowl to collect the bitter juices that will drain from the eggplant. If using small, thin eggplants, no need to salt in advance.

When ready to cook:

Slice the tomatoes into ½ inch thick circles and set aside.

In a large stew pot or Dutch oven, sauté onions in a 2 tablespoons of olive oil until translucent. Add stew meat and sauté until browned. Add salt, pepper, paprika, and turmeric. Sauté for a few more minutes.

Add water to the meat mixture to about 2 inches above the meat. Stir in tomato paste and mix in well. Cover and simmer over low heat for about 30 minutes, making sure it doesn't boil dry. Add more water as needed. It should be "saucy," but not watery.

While meat is simmering, pan fry eggplant slices until browned on both sides. Allow to rest on a paper towel covered platter. After frying all eggplant, lightly fry the tomato slices and set aside on another platter.

In a 9 x 13 baking dish, layer one layer of eggplant, top with half of the beef stew mixture, then layer half of the tomato slices. Layer remaining eggplant and then top with remaining stew. Cover with aluminum foil and place on a foil-lined baking sheet. Bake for 60 – 75 minutes at 350 degrees.

Serve with basmati rice.