



Flavours

IRAN

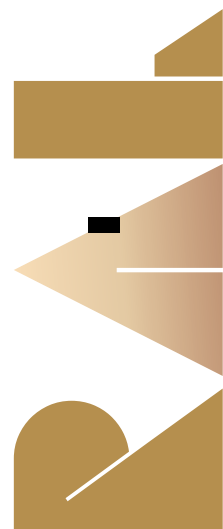
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about me

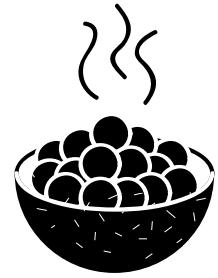
I'm Iranian but I'm living in Poland where I study and volunteer in the Halina Niec Legal Aid Center. I love cooking and dancing. I believe that you have to be an artist to cook well.


intro

The staples in Iranian cuisine are wheat bread and long-grain white Persian rice with lashings of yogurt, lamb and eggplant. Flavors are subtle, with cinnamon, cloves, turmeric, cardamom, and saffron never drowned out by excess of garlic. Lamb is Iran's favorite meat, but kid, beef and chicken can also be found. Fish is common as well, with swordfish being a famous specialty of the areas near the Caspian Sea. Seafood is very rarely eaten. The Iranian sweet tooth must be seen to be believed. Rosewater and orange water are typically used as flavorings, as well as pistachio and honey. Ice cream is popular and there is also a type of candy floss that is very popular. Baklava and halva are commonly eaten on special occasions. Each area has its own method for the preparation of biscuits and candies. Favorite dish are Kebabs. There are more than 5 kinds of kebab and each has a different flavor. Kebab should be served with rice and saffron.



KASHK-E BADEMJAN EGGPLANT DIP



 20-30min

If you are an eggplant lover, Persian cuisine can be a paradise for you. There are plenty of eggplant dishes and side dishes in Persian cuisine, and among them one of the most popular dish is Kashke Bademjan. The main ingredients of this dish are eggplants and Kashk which is a type of yogurt whey. In the process of making cheese, the remaining liquid after milk has been strained is called whey. Kashke Bademjan is often served with a special Persian bread called Lavash, but you can serve it with pita bread or crackers too.

ingredients

- 6 medium eggplants
- 1 large onion
- 1 tbsp chopped mint, fresh or dried
- 1 tsp turmeric
- 1 tsp salt
- 5 cloves garlic
- 1/2 cups walnuts
- 1 cup Kashk (liquid whey protein) to taste
- vegetable oil

directions

Cut the top off the eggplant, peel them, slice them in half lengthwise. Heat vegetable oil in a frying pan and fry the eggplants until soft and golden and set aside.

Slice the onions and place them in a frying pan with heated oil. Chop the garlic and add to the pan. Fry them until golden. Add salt, mint and turmeric to the onions and stir.

Add fried eggplants to the pan. Add 1/2 cup water and allow them to cook for 10-15 minutes on medium heat. Crush the walnuts. Add the walnut to the pan and mash the mixture until smooth

Transfer to a bowl and top with kashk (whey), then sprinkle with walnuts and fried onions.

GHORMEH SABZI



Ghomeh sabzi (ghorme sabzi, qormeh sabzi or یزبس هم روق In Farsi) is the quintessential Iranian recipe. It is a stew prepared with fresh herbs that is considered to be the national dish of Iran. But the main ingredient that gives this meat and herb stew such a unique taste is black lime, also called limo Omani (limoo Amani) or Persian lime. Those dried limes originated in the Persian Gulf, are used as a souring agent to numerous dishes in the Middle Eastern region. They consist in limes that have been dried for weeks under the sun.

ingredients

- 2 lb lamb or beef stew meat, cubed
- 1 cup red kidney beans, soaked overnight
- 1 onion , finely chopped
- 4 bunches parsley
- 1 bunch cilantro
- 4 scallions (green stems only)
- 1 tbsp dried fenugreek (or 1 bunch fresh fenugreek)
- 4 dried black limes (limoo amani), or 4 tbsp lemon juice
- 1 tbsp turmeric
- vegetable oil
- salt
- pepper

directions

Wash the herbs in a large bowl, then dry and chop finely.

In a large skillet, heat 4 tablespoons vegetable oil over medium heat and sauté the fresh herbs for about 15 minutes, while stirring occasionally. Set aside.

In a large pot, sauté the chopped onions in 2 tablespoons of oil for about 10 minutes, until golden-brown.

Add the meat, turmeric, salt, pepper to the onions and fry for about 6 to 8 minutes.

Add the soaked dried beans, the fried herbs and the black limes.

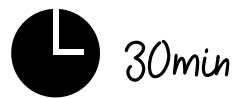
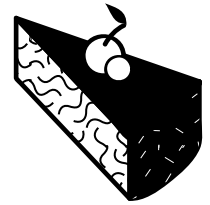
Cover with water and bring to a boil on high heat. Then, lower the heat, cover and simmer on low to medium heat for about 2 hours.

Taste and add salt or pepper if needed. Add water and continue to simmer if the meat is not tender enough.

After 1:30 hour you can serve over Persian steamed rice and saffron.

HALVA HAVIJ

CARROT PERSIAN DESSERT



This is one of traditional Persian desserts that is called 'Halva Havij (in Persian language HAVIJ is carrot so the desert is called Carrot Halva)

- ingredients*
- 1 cup flour
 - 1/2 cup of liquid oil
 - 2 cups of sugar
 - 1/2 cup of rose water
 - 1/2 kg of carrots
 - saffron (as much as preferred)

directions

Wash the carrots first. Boil or steam, then mash them well.

Sift the flour into the pan's teflon and singe it for a minutes until the smell of raw flour is gone. Flour color should not be changed in any way. Then add oil to flour and mix it to be a pure liquid.

Then add mashed carrot and rose water and sugar and saffron at a same time to flour and mix it until water evaporates and the Halva don't stick to the pan.

Now decorate it with pistachio and coco powder.



Legal Aid Center The Halina Nieć

about us

For 16 years we have been working towards protection of human rights and providing free legal assistance to foreigners, refugees and stateless persons. Through this recipe ebook we would like to share with you our intercultural experience that comes from our daily work with persons coming from all over the world. We believe that learning about the customs and the cuisine of different cultures is a great way of building a more open society!

In our cycle called „Multicultural Flavours” we will be publishing a free ebook featuring a different cuisine every month. If you like our work, we will be grateful if you would support us by a voluntary donation:

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Fundusz Obywatelski

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