

Handwritten musical score for a piece titled "Vegetables". The score is written on yellowed paper and includes the following elements:

- Tempo:** LANGSAM
- Key Signature:** One sharp (F#)
- Time Signature:** 4/4
- Measure Numbers:** 1 through 15 are indicated above the staves.
- Dynamic Markings:** *p*, *f*, *mp*, *pp*, *sfz*, *sf*, *ppz sfz*, *f*, *mf*, *pp*.
- Performance Instructions:**
  - ① *regelmäßig repetieren*
  - ② *Alte mit max. 4. u. 5. Finger*
  - ③ *Alte mit max. 4. u. 5. Finger*
  - ④ *Alte mit max. 4. u. 5. Finger*
  - ⑤ *Alte mit max. 4. u. 5. Finger*
  - ⑥ *Alte mit max. 4. u. 5. Finger*
  - ⑦ *Alte mit max. 4. u. 5. Finger*
  - ⑧ *Alte mit max. 4. u. 5. Finger*
  - ⑨ *Alte mit max. 4. u. 5. Finger*
  - ⑩ *Alte mit max. 4. u. 5. Finger*
  - ⑪ *Alte mit max. 4. u. 5. Finger*
  - ⑫ *Alte mit max. 4. u. 5. Finger*
  - ⑬ *Alte mit max. 4. u. 5. Finger*
  - ⑭ *Alte mit max. 4. u. 5. Finger*
  - ⑮ *Alte mit max. 4. u. 5. Finger*
- Handwritten Notes:**
  - Handwritten notes in German:* "Handwritten notes in German, including 'regelmäßig repetieren', 'Alte mit max. 4. u. 5. Finger', and 'Alte mit max. 4. u. 5. Finger'." (Note: The text in the image is partially obscured and difficult to read, but the general theme is performance instructions for the piece.)
  - Handwritten notes in English:* "Handwritten notes in English, including 'Handwritten notes in English', 'Handwritten notes in English', and 'Handwritten notes in English'." (Note: The text in the image is partially obscured and difficult to read, but the general theme is performance instructions for the piece.)



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**Over 90 Pages of Tips and Tricks, Vegetarian and Seafood Recipes for: Rice and Poulos, Khoresh and Stews, Koko and Cutlets, Seafoods, Pasta, and Many More; Salads, Appetizers, Aash, Soups and Sauces.**

**Beautifully Illustrated in Easy Formats. A Hacker's Guide Pondering on to a Vegetarian Transition.**

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The inspiration for this book goes back to a poet who insisted poems are inevitably written to be shared. So here is a collection of recipes for sharing. The collection is mainly vegetarian; depending on your nomenclature. None of the recipes have any red meat or poultry. There are only a few seafood recipes but they can often easily be modified.

The recipes are a product of a few months of trials and errors after our family made a monumental decision for a vegetarian Persian kitchen via a "Traditionalist" but "Post Mediterranean Fusion" and a "Minimalist" savor but with some thoughts also for a "Post-Brutal" connoisseur pondering on own health consciousness of a diet.

This may seem a distraction if not detraction from a more established vegetarian aspiration -- Tofu et al -- for although we may occasionally delight in them we did not find them in this schemes of things. Sad to say Tofu with its lack of options often leads to a capitulation of intent for the benefit of the Meat Processing Industrial Complex.

The recipes use simple singleton formats and are of one-liner style and persuasion, often, accessible and familiar to most. This is a work in making and I appreciate thoughts and suggestions. You may write to email;  
**qed444@gmail.com**

\* Last page the closing cover excerpts on Georgian Fried Dill Pickle are of John Grisham from; A Time To Kill. -- Still, with some thoughts on a "Post-Brutal" connoisseur pondering on own diet of a consciousness and style.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**



**Onion Bhaji**

Serving Four.  
Five Medium Onions.  
7 Tablespoons of Chickpea Flour.  
Salt and Pepper as Required.  
1/2 Teaspoon Zarchubeh(Turmeric).  
1/2 Teaspoon Darchin(Cinnamon).  
1/2 Teaspoon Geshniz(Coriander) Powder.  
1/2 Teaspoon Zanjebil(Ginger).  
One Full Teaspoon Tomato Puree.  
One Full Cup of Water.  
150 Grams Sunflower Oil.

**onion bhaji**

halve and slice the onions into 1/2 centimeters. cook with 3 tablespoons of sunflower in a pan till soft but not cooked yet. add zarchubeh(turmeric), darchin(cinnamon), geshniz(coriander), zanjebil(ginger), salt and pepper as required. stir and after one minute remove from heat.

place chickpea flour in a large bowl and add the onion mix and continue to mix well with the chickpeas. mix tomatoes puree with cup of water, and slowly add to the mix already made. mix and stir well and leave for 30 minutes.

use a hot frying pan with 100 grams of the sunflower oil. transfer with a tablespoon the onion mix prepared into frying pan. cook and turnover for full coverage of cooking. check regularly for oil and add oil as required.





## Shallow Fried Halloumi

Serving Four.  
250 Grams Halloumi.  
1/2 Cup Sunflower Oil.  
2 Full Tablespoons  
Wholemeal Flour.  
2 Tablespoons Sesame  
Seeds (Mixed Colors).

### shallow fried halloumi

dry the halloumi and slice to 1/2 centimeter pieces. lay the halloumi on both sides in turn on the sesame seed to cover all surface. leave for 4 minutes. do same with halloumi and the wholemeal flour.

cover frying pan surface with 3 tablespoons of sunflower oil. heat on high medium. lay the halloumi on the frying pan. allow frying on each side for about 5 minutes till each side is golden. check for over cooking and add oil as required.

serve with steamed or grilled vegetables such as; pumpkins, courgettes, eggplants , carrots, cauliflowers, broccolis, onions, mushrooms, peppers and tomatoes.







## Cutlet Hobobat (Beans)

Serving Four.  
 One Cup of Dry Peas or Beans.  
 Two Medium Size Carrots.  
 300 Grams Mushroom.  
 150 Grams Golehkalam (Cauliflower).  
 One Large Onion.  
 Five Cloves of Garlic.  
 Salt and Pepper.  
 1/2 Teaspoon Each of Mixed Advieh (Spice and Seasoning); Zireh(Cumin), Geshniz(Coriander) Powder,  
 Darchin(Cinnamon), Zanjebil(Ginger), Hel(Cardamom), Zarchubeh(Turmeric), As Required.  
 1/2 Teaspoon Zireh(Cumin).  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 1/2 Teaspoon Mango Powder.  
 3 Full Tablespoons Semolina.  
 5 Full Tablespoons Wholemeal Flour.  
 200 Grams Sunflower Oil.  
 Two Eggs.  
 About 5 Tablespoons of Wheat Flour as Required.

### cutlet hobobat (beans)

soak the dry beans in hot water for two hours. drain and transfer to a pot. heat on medium high for one hour. check regularly until very soft and care for spillage. drain after cooking and mash while hot. leave to cool.

grate and mix all carrots, cauliflowers and mushrooms in a large size pan.

dice the onions into one centimeter pieces. add 4 cloves of crushed garlic fry in a pan with about 2 tablespoons of hot sunflower oil. add grated vegetable mix prepared earlier. add 1/2 teaspoon each of mixed advieh (spice and seasoning) mix thoroughly. mix and heat until some water evaporates and ready for mashing. leave to cool for a few minutes. add the egg and mix well. gradually add the powders, semolina, wholemeal flour and mix thoroughly until mixture becomes sticky.

divide the mixture into portions of about two walnut unit sizes, shape into spheres, place on a try, repeat until all of the mixture is made into spheres. cover all surfaces of each completely with the wheat flour as required. press and flatten each piece into one centimeter disc. fry in hot sunflower oil and turnover until surfaces are crisp and golden.





## Kabob Halloumi

Serving Four.  
 250 Grams Halloumi.  
 One Small Aubergine.  
 One Small Kaddu Sabz (Courgette).  
 200 Grams Cauliflower.  
 One Medium Pepper.  
 150 Grams Mushrooms.  
 Four Small Onions.  
 One Teaspoon Mango Powder.  
 Four Tablespoons Light Soy Sauce.  
 4 Tablespoons of Sunflower Oil.  
 Salt and Pepper as Required.  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 One Teaspoon Geshniz (Coriander) Powder.

### kabob halloumi

cut the aubergine into 4 pieces along diagonal and then into about 3 centimeter thickness pieces. cut the courgette into 2 pieces along diagonal then into about 1.5 centimeter thickness pieces. cut the pepper into 2 centimeter pieces. halve the mushrooms into two pieces. halve the onions into two pieces. cut the cauliflower into about 3 centimeter pieces.

mix in a deep bowl; four tablespoons light soy sauce, 4 tablespoons of sunflower oil, one teaspoon mango powder, 1/2 teaspoon zarchubeh(turmeric), one teaspoon geshniz (coriander) powder. salt and pepper as required. marinade all the cut vegetables to cover all surfaces. leave for about one hour.

dry the halloumi in kitchen paper. cut into 1.5 centimeter pieces.

use wooden skewers and lineup the cut pieces, starting with vegetables in any suitable order making sure halloumi is dispersed between vegetables. heat in oven for 15 minutes until soft. place under a grill heating each side for 7 minutes.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**



**Vegetable Kabob**

Serving Four.  
1.5 Tablespoon Tomato Puree.  
150 Grams Cherry Tomatoes.  
200 Grams Medium Cauliflower Florets.  
200 Grams Broccoli Florets  
3 Medium Onions.  
200 Grams Small Mushroom.  
4 Tablespoons Sunflower Oil.  
One Teaspoon Sugar.  
Two Tablespoons Lemon Or Lime Juice.  
One Teaspoon Mango Powder.  
Four Tablespoons Light Soy Sauce.  
4 Tablespoons Of Sunflower Oil.  
Salt And Pepper As Required.  
1/2 Teaspoon Zarchubeh(Turmeric).  
One Teaspoon Geshniz (Coriander) Powder.

**vegetable kabob**

cut the cauliflower, broccoli, mushrooms and onions into 3 centimeter pieces.

mix in a deep bowl; four tablespoons light soy sauce, 4 tablespoons of sunflower oil, one teaspoon mango powder, 1/2 teaspoon zarchubeh(turmeric), one teaspoon geshniz (coriander), salt and pepper as required. marinade all the cut vegetables to cover all surfaces. leave for about one hour.

use wooden skewers and lineup the cut pieces, starting with vegetables in any suitable order. heat in oven for 15 minutes until soft. place under a grill heating each side for 7 minutes.







## Kabob Sabzijat

Serving Four.

1/2 Kg Of Pumpkins, Courgettes, Eggplants , Carrots, Cauliflowers, Broccolis, Onions, Mushrooms, Peppers And Tomatoes.

4 Tablespoons Sunflower Oil.

One Teaspoon Sugar.

One Teaspoon Mango Powder.

Four Tablespoons Light Soy Sauce.

Salt And Pepper As Required.

1/2 Teaspoon Zarchubeh(Turmeric).

1/2 Teaspoon Zireh(Cumin).

1/2 Teaspoon Darchin(Cinnamon).

One Teaspoon Geshniz (Coriander) Powder.

### **kabob sabzijat**

cut the vegetable; pumpkins, courgettes, eggplants , carrots, cauliflowers, broccolis, onions, mushrooms, peppers and tomatoes into 3 centimeter pieces.

mix in a deep bowl; four tablespoons light soy sauce, 4 tablespoons of sunflower oil, one teaspoon mango powder, 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon zireh(cumin), 1/2 teaspoon darchin(cinnamon), one teaspoon geshniz (coriander), salt and pepper as required. marinade all the cut vegetables to cover all surfaces. leave for about one hour.

use wooden skewers and lineup the cut pieces, starting with vegetables in any suitable order. heat in oven for 15 minutes until soft. place under a grill heating each side for 7 minutes.





## Kabob Sabzijat

Serving Four.

1/2 Kg Of Pumpkins, Courgettes, Eggplants , Carrots, Cauliflowers, Broccolis, Onions, Mushrooms, Peppers And Tomatoes.

4 Tablespoons Sunflower Oil.

One Teaspoon Sugar.

One Teaspoon Mango Powder.

Four Tablespoons Light Soy Sauce.

Salt And Pepper As Required.

1/2 Teaspoon Zarchubeh(Turmeric).

1/2 Teaspoon Zireh(Cumin).

1/2 Teaspoon Darchin(Cinnamon).

One Teaspoon Geshniz (Coriander) Powder.

### **kabob sabzijat**

cut the vegetable; pumpkins, courgettes, eggplants , carrots, cauliflowers, broccolis, onions, mushrooms, peppers and tomatoes into 3 centimeter pieces.

mix in a deep bowl; four tablespoons light soy sauce, 4 tablespoons of sunflower oil, one teaspoon mango powder, 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon zireh(cumin), 1/2 teaspoon darchin(cinnamon), one teaspoon geshniz (coriander), salt and pepper as required. marinade all the cut vegetables to cover all surfaces. leave for about one hour.

use wooden skewers and lineup the cut pieces, starting with vegetables in any suitable order. heat in oven for 15 minutes until soft. place under a grill heating each side for 7 minutes.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**



**Koko Baademjan  
(Aubergine)**

Serving Four.  
Four Medium Size  
Aubergines.  
Two Medium Potatoes.  
One Large Onion.  
Four Cloves Of Garlic.  
Five Eggs.  
Salt And Pepper As  
Required.  
1/2 Teaspoon  
Zarchubeh(Turmeric).  
About One Cup Of  
Sunflower Oil As  
Required.

**koko bademjan (aubergine)**

dice the aubergine into 4 centimeter pieces. add salt. let it stand for two hour. put in oven for 1/2 hour till soft. then mash the aubergine.

boil the potatoes with the skin for above 20 minutes until cooked and soft. remove the skin while hot and mash the potatoes.

add 3 tablespoons of sunflower oil in a frying pan, heat to medium high. dice and add the onion as one centimeter pieces and fry. crush and add the garlics. add 1/2 teaspoon zarchubeh(turmeric), salt and pepper as required.

break five eggs into a deep bowl. stir well to mix yoke and white. add the aubergine mash prepared earlier. stir well. add the potato mash prepared earlier. stir well. add the fried onion and garlic prepared earlier. stir well.

use a large frying pan. add sunflower oil to cover all surface, heat to above medium. use a large spoon and add the egg and vegetable mix prepared earlier into the hot pan. cook each portion and turnover with a solid pancake turner and remove to serving dish, until all the prepared mix is ready as individual portions of aubergine koko pancake. (each portion takes about three minutes to cooks on each side).





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

### **Koko Golehkalam (Cauliflower)**

Serving Four.  
4 Medium Potatoes.  
1/2 Kg Cauliflower.  
One Large Onion.  
Four Cloves of Garlic.  
Five Eggs.  
Salt and Pepper as  
Required.  
1/2 Teaspoon  
Zarchubeh(Turmeric).  
1/2 Teaspoon  
Darchin(Cinnamon).  
About One Cup of  
Sunflower Oil as  
Required.

#### **koko golehkalam (cauliflower)**

boil the potatoes with the skin for above 30 minutes until cooked and soft. remove the skin while hot and mash the potatoes.

dice the cauliflower into one centimeter pieces. steam in a small pot with one tablespoon of water for dry-out. mash and mix with the potato prepared earlier.

add 3 tablespoons of sunflower oil in a frying pan, heat to medium high. dice and add the onion as one centimeter pieces and fry. crush and add the garlicks. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin(cinnamon), salt and pepper as required. mix with the potato and cauliflower prepared earlier.

break five eggs into a deep bowl. stir well to mix yoke and white. add the vegetable mash prepared earlier. stir well.

use a large frying pan. add sunflower oil to cover all surface, heat to above medium. use a large spoon and add the egg and potato mix prepared earlier into the hot pan. cook each portion and turnover with a solid pancake turner and remove to serving dish, until all the prepared mix is ready as individual portions of koko golehkalam pancake. (each portion takes about three minutes to cooks on each side).







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

**Koko Makhloot (Mix)**

Serving Four.  
 One Medium Size Aubergine.  
 One Medium Kaadohsabz (Courgette).  
 1/4 Medium Golehkalam (Cauliflower).  
 One Medium Carrot.  
 150 Grams Herbs; Tareh (Leeks), Jafarii (Parsley), Geshniz (Coriander).  
 One Large Onion.  
 Four Cloves of Garlic.  
 Five Eggs.  
 Salt and Pepper as Required.  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 1/2 Teaspoon Darchin(Cinnamon).  
 About One Cup of Sunflower Oil as Required.  
 1.5 Tablespoons Flour.

**koko makhloot (mix)**

slice aubergine, kaadohsabz, golehkalam, carrots into quarters each, salt and leave them ready for grating. grate all and mix well.

cut the herbs; tareh (leeks), jafarii (parsley), geshniz (coriander), into 1/2 centimeter pieces.

add 3 tablespoons of sunflower oil in a frying pan, heat to medium high. dice and add the onion as one centimeter pieces and fry. crush and add the garlics. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin(cinnamon), salt and pepper as required. add the grated vegetable mix prepared earlier. stir and fry for about four minutes until soft. add the herbs as prepared earlier. stir and mix, until most water dehydrates. leave to cool.

break five eggs into a deep bowl. stir well to mix yoke and white. slowly add 1.5 tablespoons of flour and stir while adding. stir and mix well. add the herb and vegetable mix as prepared earlier. stir and mix well.

use a large frying pan. add sunflower oil to cover all surface, heat to above medium. use a large spoon and add into the hot pan the mix of eggs, herbs and vegetables as prepared earlier. cook each portion and turnover with a solid pancake turner and remove to serving dish, until all the prepared mix is ready as individual portions of makhloot koko pancake. (each portion takes about three minutes to cooks on each side).







## Koko Mushroom

Serving Four.  
 4 Medium Potatoes.  
 1/2 Kg Mushrooms.  
 One Large Onion.  
 Four Cloves of Garlic.  
 Five Eggs.  
 Salt and Pepper as Required.  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 1/2 Teaspoon Darchin(Cinnamon).  
 About One Cup of Sunflower Oil as Required.

### **koko mushroom**

boil the potatoes with the skin for above 30 minutes until cooked and soft. remove the skin while hot and mash the potatoes.

grate the mushrooms.

add 3 tablespoons of sunflower oil in a frying pan, heat to medium high. dice and add the onion as one centimeter pieces and fry. crush and add the garlicks. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin(cinnamon), salt and pepper as required. mix with mushrooms prepared earlier. heat and mix for about five minutes till soft. add the potatoes prepared earlier. leave to cool.

break five eggs into a deep bowl. stir well to mix yoke and white. add the vegetable mash prepared earlier. stir well.

use a large frying pan. add sunflower oil to cover all surface, heat to above medium. use a large spoon and add the egg and potato mix prepared earlier into the hot pan. cook each portion and turnover with a solid pancake turner and remove to serving dish, until all the prepared mix is ready as individual portions of koko mushroom pancake. (each portion takes about three minutes to cooks on each side).





## Koko Potato

Serving Four.  
 3/4 Kg Potatoes.  
 One Large Onion.  
 Five Cloves of Garlic.  
 Six Eggs.  
 Salt and Pepper as Required.  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 About One Cup of Sunflower Oil as Required.

### koko potato

boil the potatoes with the skin for above 30 minutes until cooked and soft. remove the skin while hot and mash the potatoes.

add 3 tablespoons of sunflower oil in a frying pan, heat to medium high. dice and add the onion as one centimeter pieces and fry. crush and add the garlicks. add 1/2 teaspoon zarchubeh(turmeric), salt and pepper as required.

break five eggs into a deep bowl. stir well to mix yoke and white. add the potato mash prepared earlier. stir well. add the fried onions and garlic prepared earlier. stir well.

use a large frying pan. add sunflower oil to cover all surface, heat to above medium. use a large spoon and add the egg and potato mix prepared earlier into the hot pan. cook each portion and turnover with a solid pancake turner and remove to serving dish, until all the prepared mix is ready as individual portions of potato koko pancake. (each portion takes about three minutes to cooks on each side).







## Koko Sabzi (Herbs)

Serving Four.

1/2 Kg Herbs; Tareh (Leeks), Jafarii (Parsley), Geshniz (Coriander), Shambelileh (Fenugreek), Esfenaj (Spinach).

One Medium Potato.

One Large Onion.

Four Cloves of Garlic.

Five Eggs.

Salt and Pepper as Required.

1/2 Teaspoon

Zarchubeh(Turmeric).

About One Cup of

Sunflower Oil as

Required.

### koko sabzi (herbs)

wash and drain the herbs. cut into about 1/2 centimeter pieces.

skin and grate the potatoes.

add 3 tablespoons of sunflower oil in a large frying pan, heat to high medium. dice and add the onion as one centimeter pieces and fry. crush and add the garlicks. add 1/2 teaspoon zarchubeh(turmeric), salt and pepper as required. add the previously cut herbs into the mix. stir well. add the grated potatoes, and stir well for two minutes. leave to cool.

break five eggs into a deep bowl. stir well to mix yoke and white. add the vegetable mix prepared earlier. stir well.

clean the frying pan again with a kitchen paper. add sunflower oil to cover all surface, heat to above medium. use a large spoon and add the egg and vegetable mix prepared earlier into the hot pan. cook each portion and turnover with a solid pancake turner and remove to serving dish, until all the prepared mix is ready as individual portions of sabzi koko pancake. (each portion takes about three minutes to cooks on each side).





## Koko Maahii (Fish)

Serving Four.  
 1/2 Kg White Fish Fillet.  
 1/2 Kg Potatoes.  
 One Large Onion.  
 Five Cloves of Garlic.  
 Five Eggs.  
 Salt and Pepper as Required.  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 1/2 Teaspoon Darchin(Cinnamon).  
 About One Cup of Sunflower Oil as Required.

### koko maahii(fish)

boil the potatoes with the skin for above 30 minutes until cooked and soft. remove the skin while hot and mash the potatoes.

defrost the fish, dry, salt and leave for about 30 minutes. cook in a small pan with one tablespoon of water for five minutes on medium heat, drain any water and mash well. add the potato prepared earlier and mix and mash well.

add 3 tablespoons of sunflower oil in a frying pan, heat to medium high. dice and add the onion as one centimeter pieces and fry. crush and add the garlics. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin(cinnamon), salt and pepper as required. add the potato and fish mix.

break five eggs into a deep bowl. stir well to mix yoke and white. add the mash mix prepared earlier. stir well. add the fried onions and garlic prepared earlier. stir well.

use a large frying pan. add sunflower oil to cover all surface, heat to above medium. use a large spoon and add the egg and potato mix prepared earlier into the hot pan. cook each portion and turnover with a solid pancake turner and remove to serving dish, until all the prepared mix is ready as individual portions of fish koko pancake. (each portion takes about three minutes to cooks on each side).







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

**Cutlet Sabzijat**

Serving Four.  
 One Large Aubergine.  
 One Medium Carrot .  
 Mushroom 250 Grams  
 One Medium Potato.  
 One Large Onion.  
 Four Cloves of Garlic.  
 Salt and Pepper.  
 1/2 Teaspoon Each of  
 Mixed Advieh (Spice and  
 Seasoning); Zireh(Cumin),  
 Geshniz(Coriander)  
 Powder,  
 Darchin(Cinnamon),  
 Zanjebil(Ginger),  
 Hel(Cardamom),  
 Zarchubeh(Turmeric).  
 1 Teaspoon Zireh(Cumin).  
 1/2 Teaspoon  
 Zarchubeh(Turmeric).  
 1/2 Teaspoon Mango  
 Powder.  
 2 Full Tablespoons  
 Semolina.  
 2 Full Tablespoons  
 Wholemeal Flour.  
 2 Full Tablespoons Gard  
 Nokhodchii(Chickpeas  
 Flour).  
 100 Grams Sunflower Oil.  
 One Egg.  
 About 5 Tablespoons of  
 Wheat Flour as required.

**cutlet sabzijat**

cut the aubergine into 2 centimeter piece chunks. salt well with one teaspoon. leave for two hours. do same for the carrot, potato and mushroom. grate and mix all ( aubergine, carrot, potato, mushroom) with 4 cloves of garlic with a large size grater.

dice the onions into one centimeter pieces and fry in a pan with about 2 tablespoons of hot sunflower oil. add 1/2 teaspoon each of mixed advieh(spice and seasoning) mix throughly. take the prepared grated vegetables and mix in the pan with onion and advieh. mix and heat until some water evaporates and ready for mashing. leave to cool for a few minutes. add the egg and mix well. gradually add the three powders, semolina, wholemeal flour, chickpeas flour, and mix throughly until mixture becomes sticky.

divide the mixture into portions of about two walnut unit sizes, shape into spheres, place on a try, repeat until all of the mixture is made into spheres. cover all surfaces of each completely with the wheat flour as required. press and flatten each piece into one centimeter disc. fry in hot sunflower oil and turnover until surfaces are crisp and golden.







## **Khoresh Bademjan (Aubergine)**

Serving Four.  
 6 Small Aubergine.  
 400 Grams Mushroom.  
 One Large Onion.  
 2 Full Tablespoons  
 Tomato puree.  
 1 Tin Chopped Tomatoes  
 or Half Kg Fresh  
 Tomatoes.  
 Salt and Pepper as  
 Required.  
 1/2 Teaspoon  
 Zarchubeh(Turmeric).  
 1/2 Teaspoon Darchin  
 (Cinnamon).  
 About 100 Grams  
 Tablespoons Sunflower  
 Oil, as Required.  
 2 Tablespoons of  
 Vegetarian Gravy Powder,  
 or Oxo Cube.  
 1/2 Cup Washed Soy  
 Mince if Required.

### **khoresh baademjan (aubergine)**

cut the aubergine diagonally into halves, salt and let stand for about two hours. fry in pan with sunflower oil.

cut the mushrooms into 2 centimeter pieces. dice onions into one centimeter. first fry onions in a pot with sunflower oil, on high medium heat. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin (cinnamon), salt and pepper as required. mix till golden then add the mushrooms and mix for about three minutes. add soy mince if required. mix well. add 2 full tablespoons tomato puree and one tin of chopped tomatoes. mix well. add about 2 cups or less of water. cover to boil. reduce heat to medium. let cook for about 20 minutes then add 2 tablespoons of vegetarian gravy powder, or oxo cube. mix well. add aubergines prepared earlier into the mix by leaving them on top of the pot allowing the cooked mix gradually to cover the aubergine. let all simmer for five minutes, then serve.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

## **Khoresh Baamieh (Okra)**

Serving Four.  
 3/4 Kg Baamieh (Okra).  
 400 Grams Mushroom.  
 One Large Onion.  
 2 Full Tablespoons  
 Tomato Puree.  
 1 Tin Chopped Tomatoes  
 Or Half Kg Fresh  
 Tomatoes.  
 Salt And Pepper As  
 Required.  
 1/2 Teaspoon  
 Zarchubeh(Turmeric).  
 1/2 Teaspoon Darchin  
 (Cinnamon).  
 About 100 Grams  
 Tablespoons Sunflower  
 Oil, As Required.  
 2 Tablespoons Of  
 Vegetarian Gravy Powder,  
 Or Oxo Cube.  
 1/2 Cup Washed Soy  
 Mince If Required.  
 1 Cup Of Lapeh (Yellow  
 Split Peas) If Required.

### **khoresh baamieh (okra)**

cut the two ends of baamieh (okra). salt and let stand for about two hours. fry in pan with sunflower oil.

stand lapeh (yellow split peas) in hot water for two hours then drain. cook on medium in shallow water for about 20 minutes. care for overspilling.

cut the mushrooms into 2 centimeter pieces. dice onions into one centimeter. first fry onions in a pot with sunflower oil, on high medium heat. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin (cinnamon), salt and pepper as required. mix till golden then add the mushrooms and mix for about three minutes. add soy mince if required. mix well. add cooked lapeh and mix well. add 2 full tablespoons tomato puree and one tin of chopped tomatoes. mix well. add little water if needed. cover to boil. reduce heat to medium. let cook for about 20 minutes then add 2 tablespoons of vegetarian gravy powder, or oxo cube. mix well. add baamieh (okra) prepared earlier into the mix by leaving them on top of the pot allowing the cooked mix gradually to cover the baamieh (okra). let all simmer for five minutes, then serve.







## Khoresh Fesenjan

Serving Four.  
 500 Grams Grind Walnuts.  
 500 Grams Mushroom  
 Dice About 2 Centimeter.  
 1 Large Carrot, Grated.  
 1 Large Onion Diced.  
 120 Grams Pomegranate  
 Puree.  
 1 Tin Of 400 Grams  
 Chopped Tomatoes.  
 About 50 Grams  
 Sunflower Oil Or As  
 Required.  
 Salt And Pepper, As  
 Required.  
 1/2 Teaspoon Each Of  
 Mixed Advieh (Spice And  
 Seasoning);  
 Zarchubeh(Turmeric).  
 1/4 Teaspoon, Zafran,  
 Mixed In 1/4 Cup Of Hot  
 Water.  
 2 Tablespoons Of  
 Vegetarian Gravy Powder,  
 Or Oxo Cube.

**VEGETARIAN AND SEAFOOD  
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### **khoresh fesenjan**

fry 500 grams of grind walnuts in 4 tablespoons of sunflower oil for about three minutes. fry 1 large diced onion in a pot with 4 tablespoons of sunflower oil for about two minutes with above medium heat. add 500 grams of diced mushroom, continue to mix for another 4 minutes. add 1/2 teaspoon each of mixed advieh, with salt and pepper, as required. add 1 tin of 400 grams chopped tomatoes. add 120 grams pomegranate puree. add the grind walnuts from earlier, gently add and stir well. add about 3 cups of water gradually and stir. reduce heat to below medium. cover the pot and wait for 30 minutes. check and stir as required 2 to 4 times during heating. toward 5 minutes before completion (of 30 minutes) add 1/4 teaspoon, zafran mix with water. sprinkle 2 tablespoons of vegetarian gravy powder, or oxo cube and continue to mix gently and stir.

some prefer slightly sweetened khoresh fesenjan; add 1 tablespoon of sugar and stir well.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

## **Khoresh Golehkalam (Cauliflower)**

Serving Four.  
 One Medium Golehkalam  
 (Cauliflower).  
 One Cup Lapeh (Yellow  
 Split Peas).  
 400 Grams Mushroom.  
 One Large Onion.  
 2 Full Tablespoons  
 Tomato Puree.  
 400 Kg Tin Chopped  
 Tomatoes Or Half Kg  
 Fresh Tomatoes.  
 Salt And Pepper As  
 Required.  
 1/2 Teaspoon  
 Zarchubeh(Turmeric).  
 1/2 Teaspoon Darchin  
 (Cinnamon).  
 About 100 Grams  
 Tablespoons Sunflower  
 Oil, As Required.  
 4 Limuomani (Dried  
 Limes).  
 2 Tablespoons Of  
 Vegetarian Gravy Powder,  
 Or Oxo Cube.

### **khoresh golehkalam (cauliflower)**

slice the golehkalam (cauliflower) into 4 centimeter pieces. fry in pan with sunflower oil.

soak lapeh for two hours in warm water. drain and cook on medium for 30 minutes with water covering above one centimeter.

cut the mushrooms into 2 centimeter pieces. dice onions into one centimeter. first fry onions in a pot with sunflower oil, on high medium heat. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin (cinnamon), salt and pepper as required. mix till golden then add the mushrooms and mix for about three minutes. mix well. add 2 full tablespoons tomato puree and one tin of chopped tomatoes. mix well. add lapeh as prepared earlier. add crushed limuomani without the seeds, mix well and add about 2 cups or less of water. cover and let boil for ten minutes. add cauliflower prepared earlier, cover to boil. reduce heat to medium. let cook for about 15 minutes then add 2 tablespoons of vegetarian gravy powder, or oxo cube. mix well. let all simmer for one minutes, then serve.







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

### **Khoresh Havig Lubia Sabz (Carrots Green Beans)**

Serving Four.

1/4 Cup Soy Mince.  
400 Grams Carrots.  
One Large Onions.  
5 Cloves Of Garlic.  
400 Grams Mushroom.  
600 Grams Green Beans.  
Three Tablespoon Tomato Puree.  
One 400 Gram Tin Of Chopped Tomato, Or 1/2 Kg Fresh.  
1/2 Cup Of Sunflower Oil.  
1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning); Zireh(Cumin), Darchin(Cinnamon), Zarchubeh(Turmeric).  
Salt And Pepper As Required.  
2 Limuomani (Dried Limes).  
One Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.

#### **khoresh havig lubia sabz (carrots green beans)**

wash soy mince.

dice mushrooms to 3 centimeter pieces. cut the beans to 2 centimeter pieces. cut the carrots to 2 by half centimeter chops. dice onions to one centimeter and crush garlicks. crush limuomani (dried limes) and dispose seeds.

add half cup of sunflower oil to a pot. heat on medium high and fry onions until golden. add garlicks. stir well. add carrots and beans, stir well. add mushrooms, mix and stir well. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zireh(cumin), darchin(cinnamon), zarchubeh(turmeric), salt and pepper as required. mix and stir. drain prepared soy mince and add. stir and mix. add three tablespoon tomato puree and one 400 gram tin of chopped tomato, or 1/2 kg fresh. mix and stir well. continue to mix and stir with heat on medium high for about further two minutes. add 2 cups of water. cover and bring to boil. reduce heat to medium high and allow cooking for another 30 minutes. 10 minutes before finish drop crushed limuomani (dried limes) and stir.







## **Khoresh Kaadohsabz (Courgette)**

Serving Four.  
 6 Small Kaadohsabz (Courgette).  
 400 Grams Mushroom.  
 One Large Onion.  
 2 Full Tablespoons Tomato Puree.  
 1 Tin Chopped Tomatoes Or Half Kg Fresh Tomatoes.  
 Salt And Pepper As Required.  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 1/2 Teaspoon Darchin (Cinnamon).  
 About 100 Grams Tablespoons Sunflower Oil, As Required.  
 2 Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.  
 1/2 Cup Washed Soy Mince If Required.

### **khoresh kaadohsabz (courgette)**

slice the kaadohsabz (courgette) into 1.5 centimeter pieces, salt and let stand for about two hours. fry in pan with sunflower oil.

cut the mushrooms into 2 centimeter pieces. dice onions into one centimeter. first fry onions in a pot with sunflower oil, on high medium heat. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin (cinnamon), salt and pepper as required. mix till golden then add the mushrooms and mix for about three minutes. add soy mince if required. mix well. add 2 full tablespoons tomato puree and one tin of chopped tomatoes. mix well. add about 2 cups or less of water. cover to boil. reduce heat to medium. let cook for about 20 minutes then add 2 tablespoons of vegetarian gravy powder, or oxo cube. mix well. add kaadohsabz (courgette) prepared earlier into the mix by leaving them on top of the pot allowing the cooked mix gradually to cover the courgette. let all simmer for five minutes, then serve.





### **khoresh karaphs (celery)**

slice the large celery into 1.5 centimeter pieces. slice mint and parsley into 1/2 centimeter pieces.

soak lapeh for two hours in warm water. drain and cook on medium for 30 minutes with water covering above one centimeter.

cut the mushrooms into 2 centimeter pieces. dice onions into one centimeter. first fry onions in a pot with sunflower oil, on high medium heat. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin (cinnamon), salt and pepper as required. mix till golden. add parsley and mint prepared earlier. mix and stir. add the mushrooms and mix for about three minutes. add celery prepared earlier. add 2 full tablespoons tomato puree. mix well. add lapeh as prepared earlier, mix well. add about 2 cups or less of water. cover and let boil. reduce heat to medium, cook for 20 minutes. add lemon juice, stir. let cook for about 5 minutes then add 2 tablespoons of vegetarian gravy powder, or oxo cube. mix well. let all simmer for one minute, then serve.

### **Khoresh Karaphs (Celery)**

Serving Four.  
One Large Celery.  
1/2 Cup Lapeh (Yellow Split Peas).  
250 Grams Jafarii (Parsley).  
50 Grams Naanaa, (Dry Mint Leaves).  
400 Grams Mushroom.  
One Large Onion.  
2 Full Tablespoons Tomato Puree.  
Salt And Pepper As Required.  
1/2 Teaspoon Zarchubeh(Turmeric).  
1/2 Teaspoon Darchin (Cinnamon).  
About 100 Grams Tablespoons Sunflower Oil, As Required.  
1/4 Cup Of Lime Or Lemon Juice.  
2 Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.







## **Khoresh Lapeh (Yellow Split Peas)**

Serving Four.  
 1 Cup Lapeh (Yellow Split Peas).  
 300 Grams Mushroom.  
 One Large Onion.  
 Two Large Potatoes Four Cloves Of Garlic.  
 2 Full Tablespoons Tomato Puree 1 Tin Chopped Tomatoes Salt And Pepper.  
 1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning);  
 Darchin(Cinnamon),  
 Zanjebil(Ginger),  
 Hel(Cardamom),  
 Zarchubeh(Turmeric).  
 1/2 Teaspoon Darchin (Cinnamon).  
 About 5 Tablespoons Sunflower Oil, As Required.  
 5 Limuomani (Dried Limes).  
 2 Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.

### **khoresh lapeh (yellow split peas)**

wash the lapeh in cold water three times. allow lapeh to soak in warm water for two hours. remove the water and put lapeh in two cups of cold fresh water. allowing the water to sit 2 centimeters above the lapeh. bring to boil for about twenty minutes. check for over spilling, stirring occasionally, until lapeh is soft. cut the potatoes into thin chip sticks of about 1/2 centimeter thickness. fry well in sun-flowerer oil with some salt, until crisp and golden.

heat 4 tablespoons of sunflower oil in a pot, dice and add large onion and garlic. stir well until cooked and golden. add 1/2 teaspoon each of mixed advieh, 1/2 teaspoon darchin, salt and pepper as required, continue to stir. dice and add 300 grams of mushroom, continue stirring. add 2 full tablespoons of tomato puree and 1 tin of chopped tomatoes, continue to stir. now add the lapeh with the water prepared earlier by boiling. stir well gently, allow some water to dehydrate. add about one cup of water as required. crush and drop 5 limuomani into the pot, making sure the seeds are removed. stir well and allow water to dehydrate. cover the put and allow to cook for another 20 minutes, check and stir occasionally. toward 5 minutes before completion (of 20 minutes) sprinkle 2 tablespoons of vegetarian gravy powder, or oxo cube and continue to mix gently and stir. serve the lapeh khoresh with the thin potato chips on top.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

## **Khoresh Sabzi (Herbs)**

Serving Four.

1.5 Kg Herbs; Tareh (Leeks), Jafarii (Parsley), Geshniz (Coriander), Shambelileh ( Fenugreek ), Esfenaj ( Spinach ).  
1 Cup Red Beans Or Cheshm Black Eyed Beans.

400 Grams Mushroom.

One Large Onion.

Salt And Pepper As Required.

1/2 Teaspoon

Zarchubeh(Turmeric).

5 Limuomani (Dried Limes).

About 200 Grams  
Tablespoons Sunflower Oil, As Required.

2 Tablespoons Of  
Vegetarian Gravy Powder,  
Or Oxo Cube.

### **khoresh sabzi (herbs)**

wash all the herbs and cut into 1/2 centimeter pieces. fry with 5 tablespoons of sunflower oil in frying pan.

wash 1 cup of red beans or cheshm black eyed beans. leave in warm water for about 2 hours. drain. transfer to pot with enough water to cover above 1.5 centimeter of the beans. bring to boil, cover and leave to cook for about one hour. check regularly for over spilling.

crush the 5 limuomani (dried limes) and remove seeds. cut the mushrooms into 3 centimeter pieces. dice onions into one centimeter. first fry onions in a pot with sunflower oil on high medium heat. add 1/2 teaspoon zarchubeh(turmeric), salt and pepper as required. mix till golden then add the mushrooms and mix for about three minutes. add the herbs prepared earlier, mix well. add the cooked beans, mix well. add about 2 cups of water. cover to boil. add crushed limuomani (dried limes), mix well. reduce heat to medium. let cook for about 30 minutes then add 2 tablespoons of vegetarian gravy powder, or oxo cube. mix well. let all simmer for five minutes, then serve.







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

### **Taaskabab Potato and Carrots**

Serving Four.  
350 Grams Mushrooms.  
4 Large Potatoes.  
2 Medium Carrots.  
3 Large Onions.  
5 Cloves of Garlic.  
1/2 Cup Soy Mince.  
400 Grams Tin of Chopped Tomatoes.  
1 Full Teaspoon Tomato Puree.  
Salt and Pepper as Required.  
1/2 Teaspoon Zarchubeh(Turmeric).  
1/2 Teaspoon Darchin(Cinnamon).  
100 Grams Sunflower Oil.

#### **taaskabab potato and carrots**

chop mushrooms, potato, carrots, onions into 3 centimeter pieces. keep separate. crush garlics. wash soy mince.

heat sunflower oil in a pot on high medium. add onions, garlics, mushroom, carrots, potatoes in order and stir as adding. add 1/2 teaspoon zarchubeh(turmeric), 1/2 teaspoon darchin(cinnamon), salt and pepper as required, stir well. add soy mince and stir well. add 1 full teaspoon tomato puree, 400 grams tin of chopped tomatoes, stir well. add about 2 cups of water as required. stir and cover, bring to boil, then reduce heat to medium. cook for 30 minutes, then serve.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

**Taaskabab Aubergine**

Serving Four.  
 2 Large Onions.  
 5 Cloves of Garlic.  
 3 Medium Size Aubergine.  
 3 Medium size Carrots.  
 4 Medium Size Potatoes.  
 250 Grammes Mushroom.  
 Two Tablespoons Tomato Puree.  
 1/2 Kg Fresh Tomato or 400 Gramme Tin of Chopped Tomato.  
 4 Tablespoons of Sunflower Oil.  
 Salt and Pepper as Required.  
 1/2 Teaspoon Each of Mixed Advieh (Spice and Seasoning); Zireh(Cumin), Darchin(Cinnamon), Zanjebil(Ginger), Hel(Cardamom), Zarchubeh(Turmeric).  
 One Tablespoon of Vegetarian Gravy powder, or Oxo Cube.  
 Optional: 3 Limuomani (Dried Limes).

**taaskabab aubergine**

dice the aubergine with skins into 4 centimeter chunks, salt well and let stand for two hours. cut the carrots, potatoes and mushrooms into about 4 centimeter chunks too.

heat 4 tablespoons of sunflower oil in a pan and spread well. dice and add 2 large onions and 5 cloves of garlic, till soft. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zireh(cumin), darchin(cinnamon), zanjebil(ginger), hel(cardamom), zarchubeh(turmeric). add salt and pepper as required. stir well.

now add potatoes, next carrots, next mushrooms, next aubergine as prepared earlier. mix well and stir. add two tablespoons of tomato puree and 1/2 kg fresh tomatoes or 400 gramme tin of chopped tomatoes. stir well until thoroughly mixed. cover for five minutes, then add about 1.5 cups of water. stir well. leave for 30 minutes check and stir as required. toward 5 minutes before completion (of 30 minutes) sprinkle 1 tablespoon of vegetarian gravy powder, or oxo cube and continue to mix gently and stir.

optionally you can also crush 3 limuomani (dried limes), removing seeds, and include with the 1.5 cups of water when mixed earlier.







**VEGETARIAN AND SEAFOOD  
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**Taaskabab Havig Lubia Sabz (Carrots Green Beans)**

Serving Four.

3 Medium Carrots.  
3 Medium Potatoes.  
2 Medium Onions.  
3 Cloves Of Garlic.  
200 Grams Mushroom.  
300 Grams Green Beans.  
300 Grams Garden Peas.  
One Tablespoon Tomato Puree.

One 400 Gram Tin Of Chopped Tomato, Or 1/2 Kg Fresh.

5 Tablespoons Of Sunflower Oil.

1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning); Zireh(Cumin), Darchin(Cinnamon), Zarchubeh(Turmeric).

Salt And Pepper As Required.

2 Limuomani (Dried Limes).

One Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.

**taaskabab havig lubia sabz (carrots green beans)**

dice the vegetables; carrots, potatoes, mushrooms and onions into 3 centimeter pieces. crush the garlic cloves. crush limuomani (dried limes) and dispose seeds.

add 5 tablespoons of sunflower oil in a pot, heat on medium high and fry onions until golden. add crushed cloves. add potatoes, carrots and mushrooms, mix and stir well. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zireh(cumin), darchin(cinnamon), zarchubeh(turmeric), salt and pepper as required. stir well. add one tablespoon tomato puree and one 400 gram tin of chopped tomato, or 1/2 kg fresh. stir well. add 1.5 cups of water. cover and bring to boil, then reduce to medium high and allow to cook for 30 minutes. 10 minutes before finish drop crushed limuomani (dried limes). add towards the end one tablespoons of vegetarian gravy powder, or oxo cube. stir well. add to serving dish.



**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**



**ghalieh maahii (stew fish)**

## **Ghalieh Maahii (Stew Fish)**

Serving Four.

- 1/2 Kg White Fish Fillet.
- 150 Kg Herbs; Jafarii (Parsley), Geshniz (Coriander), Shambelileh ( Fenugreek ).
- Two Large Onion.
- One Medium Whole Garlic.
- One 400 Grams Tin Tomato.
- 2 Tablespoons Of Tomato Puree.
- Salt And Pepper As Required.
- 1/2 Teaspoon Zarchubeh(Turmeric).
- 2 Teaspoons Of Limuomani Powder (Dried Limes) Or Mango Powder.
- About 200 Grams Tablespoons Sunflower Oil, As Required.
- 4 Full Tablespoons Of Flour As Required.

defrost the fish, then dry with kitchen paper towel. salt and let stand for one hour. cut into halves of about 10 centimeter each. cover with flour. fry moderately in frying-pan. leave to stand.

wash all the herbs and cut into 1/2 centimeter pieces. crush the garlic. dice onions into one centimeter pieces. mix 1.5 tablespoons of flour in 1/2 cup of water. first fry the onions in a big pot, with 5 tablespoons sunflower oil. then add and fry garlicks. add 1/2 teaspoon zarchubeh(turmeric), salt and pepper as required. add herbs and mix and fry. add the flour mix and stir well. add tomato puree and tomato from tin. add 2 teaspoons of limuomani powder (dried limes) or mango powder. add 1.5 cups of water mix well. bring to boil, let simmer for 10 minutes on medium. add the fish prepared earlier by moderate frying. let the fish stand on top but fully covered by about one centimeter of liquid. cover pot and let boil for five minutes, then serve.







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

**Mahii Shallow Fried**

Serving 4 People.  
 500 Grams Of Fish.  
 About 100 Grams  
 Sunflower Oil Or As  
 Required.  
 4 Tablespoons Of Flour.  
 2 Tablespoons Of Konjed  
 (Sesame Seeds).  
 2 Tablespoons Light Soy  
 Sauce.  
 1 Teaspoon Mango  
 Powder.  
 1/2 Teaspoon Each Of  
 Mixed Advieh (Spice And  
 Seasoning); Zireh(Cumin),  
 Geshniz(Coriander)  
 Powder, Zanjebil(Ginger),  
 Zarchubeh(Turmeric).  
 1/2 Teaspoon  
 Zardchoobeh (Turmeric) 1  
 Teaspoon Salt.  
 1 Full Teaspoon Of  
 Geshniz (Coriander)  
 Powdered Seeds.  
 A Little Hot Chili Powder  
 As Required.

**mahii shallow fried**

clean and dry the fish. mix in a deep dish, 3 tablespoons of sunflower oil, 2 tablespoons light soy sauce, 1 teaspoon mango powder, 1/2 teaspoon each of mixed advieh, 1/2 teaspoon zarchubeh(turmeric), 1 full teaspoon of geshniz (coriander), 1 teaspoon salt, a little hot chili powder as required. lay the fish in the mixture on a flat dish, make sure the marinade covers the fish fully. leave for two hours in a fridge.

prepare each fish piece by laying either side first on konjed (sesame seeds), then on flour. place on a tray and again leave in the fridge for 1/2 hour, making sure the fish do not cover each other.

pour enough sunflower oil in a pan to cover fully the surface of the pan. heat the pan until hot. lay individual pieces of fish one by one on the pan. about after three minutes turnover the fish until fully fried on both sides. make sure there is some oil in the pan till the end to prevent overcooking or stockiness.

sauce for use with fried fish: use the left over oil in the pan from earlier preparation and continue to heat gently. mix in one tablespoon of flour, mix thoroughly for a minute, add the leftover liquid and mixture from fish after it was in the fridge. add 1 tablespoon light soy sauce. add 2 tablespoons lemon juice. add slowly 1/2 cup of water. mix well until gradually dehydrated to a thick sauce.





## Maahii Oven

Serving Four.  
500 Grams Fillet Fish.  
5 Tablespoons Of  
Sunflower Oil.  
2 Tablespoons Of Lemon  
Juice.  
2 Tablespoons Of Soy  
Sauce.  
1.5 Tablespoon Tomato  
Puree.  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning); Geshniz  
(Coriander),  
Darchin(Cinnamon),  
Zarchubeh(Turmeric).  
Salt And Pepper As  
Required.  
2 Tablespoons Of Konjed  
(Sesame Seeds).

### maahii oven

dry fish with kitchen towel.

mix lemon juice, soy sauce, sunflower oil, tomato puree, geshniz (coriander), darchin(cinnamon), zarchubeh(turmeric), salt and pepper as required, in a dish or bowl. cover the surface of the fish and allow to marinade in a dish for about two hours in a refrigerator. transfer to a tray and sprinkle with konjed (sesame seeds). press slightly for seeds to settle. move tray to oven already heated to 200 degrees. allow cooking for 20 minutes, then serve.



**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**



**Maahii Grill Kabob**

Serving Four.  
500 Grams Fish And Skin.  
2 Medium Onions.  
3 Cloves Of Garlic.  
4 Tablespoon Sunflower Oil.  
1 Tablespoon Mango Powder.  
Salt And Pepper As Required.  
1/2 Teaspoon Zarchubeh(Turmeric).  
1 Teaspoon Geshniz(Coriander) Powder.  
1/2 Teaspoon Darchin(Cinnamon).  
4 Tablespoons Soy Sauce.

**maahii grill kabob**

completely dry the fish with paper kitchen towel. slice onions to one centimeter pieces. slice garlic to very small pieces.

add soy sauce and sunflower oil into a bowl, stir and add mango powder, zarchubeh(turmeric), geshniz(coriander) powder, darchin(cinnamon). stir well. place the fish in the bowl and marinade the fish for two hours in the mixture while fish surface is covered very well.

cover the surface of a suitable tray with one tablespoon of sunflower oil. tray should be big enough to allow fish to be placed on tray separately. cover the surface of tray with the prepared onions. lay the fish on the tray with skin facing down towards the tray. disperse any marinade liquid left over on the surface of the fish. place the tray under a grill already heated to 220 degrees. allow grilling for 15 minutes, checking regularly for over cooking. after topside is browned and cooked as required, gently turn over each fish so the other side is grilled. continue for another 10 minutes.





## Maygoo (Shrimps)

Serving Four.  
250 Grams King Size Shrimps.  
One Large Onion.  
Salt and Pepper as Required.  
1/2 Teaspoon Zarchubeh(Turmeric).

### maygoo (shrimps)

heat 3 tablespoons of sunflower oil in a large pan. dice one large onion and add. cook until golden. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zarchubeh(turmeric). add maygoo and stir well for about 4 minutes.

serve with poulo keshmesh (raisins), or any mix of vegetables.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**



**Maygoo Egg**

Serving Four.  
250 Gram King Prawn.  
One Egg.  
100 Sunflower Oil.  
1/2 Tablespoon Flour.  
1/4 Teaspoon  
Zarchubeh(Turmeric).  
Salt And Pepper.

**maygoo egg**

mix in a bowl one egg, flour, zarchubeh , salt and pepper, stir and mix well.

dry prawns completely. add prawns to the mix prepared earlier.

add sunflower oil to a pan and heat on high medium. fry each prawn while surface is well covered with the egg mix, making sure both sides are cooked. checking regularly for oil.



### **poulo maygoo or robiyon (shirmps)**

defrost the shrimps and dry with kitchen paper towel. heat 3 tablespoons of sunflower oil in a large pan. dice two large onion and add. cook until golden. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zarchubeh(turmeric) and one teaspoon zireh(cumin), add salt and pepper as required. add raisins and stir well for two minutes on medium heat. add the shrimps, heat on medium for about 3 minutes, stir well.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now you need to mix the vegetable mix with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed vegetables and shrimps. repeat until all rice, vegetables and shrimp mix are transfered to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



### **Poulo Maygoo or Robiyon (Shrimps)**

Rice Serving 4.  
4 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.  
Salt And Pepper As  
Required.  
Sunflower Oil 1 Cup.  
Two Large Onions.  
2 Cups Of Keshmesh  
(Raisins).  
250 Grams Small Shrimps.  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Zarchubeh(Turmeric).  
One Teaspoon  
Zireh(Cumin).  
For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**







## Vegetable Kabob and Shrimps

Serving Four.  
 300 Grams King Shrimps (Robiyon).  
 1.5 Tablespoon Tomato Puree.  
 150 Grams Cherry Tomatoes.  
 200 Grams Medium Cauliflower Florets.  
 200 Grams Broccoli Florets 3 Medium Onions.  
 200 Grams Small Mushroom.  
 4 Tablespoons Sunflower Oil.  
 One Teaspoon Sugar.  
 Two Tablespoon Lemon Or Lime Juice.  
 One Teaspoon Mango Powder.  
 Four Tablespoons Light Soy Sauce.  
 4 Tablespoons Of Sunflower Oil.  
 Salt And Pepper As Required.  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 One Teaspoon Geshniz (Coriander) Powder.

### vegetable kabob and shrimps

cut the cauliflower, broccoli, mushrooms and onions into 3 centimeter pieces.

mix in a deep bowl; four tablespoons light soy sauce, 4 tablespoons of sunflower oil, one teaspoon mango powder, 1/2 teaspoon zarchubeh(turmeric), one teaspoon geshniz (coriander), salt and pepper as required. marinade all the cut vegetables to cover all surfaces. leave for about one hour.

dry the shrimps. heat on medium sunflower oil in a pan, mix well with tomato puree. add sugar. add lemon juice. add salt and pepper. mix well. add shrimps prepared earlier. continue to heat on medium and stir well.

use wooden skewers and lineup the cut pieces, starting with vegetables in any suitable order making sure shrimps are dispersed between vegetables. heat in oven for 15 minutes until soft. place under a grill heating each side for 7 minutes.







## Lasagna

Serving Four.  
 12 Lasagna Sheets.  
 Two Full Tablespoons  
 Tomato Puree.  
 One 400 Grams Tin Of  
 Chopped Tomatoes (Or  
 500 Grams Fresh Tomato)  
 250 Grams Mushroom.  
 3/4 Cup Soy Mince.  
 One Large Onion.  
 4 Cloves Garlic.  
 Sunflower Oil As  
 Required.  
 Salt And Pepper As  
 Required.  
 1/2 Teaspoon Each Of  
 Mixed Advieh (Spice And  
 Seasoning);  
 Zarchubeh(Turmeric).  
 One Teaspoon Naanaa,  
 (Dry Mint Leaves),  
 Optional.

1/2 Liter Milk.  
 2 Tablespoons Flour.  
 500 Grams Cheese.

### lasagna

wash soy mince 4 times and drain.

first prepare the cheese sauce. heat on medium in a pot the sunflower oil. add flour. stir and mix well till golden and almost brown, reduce heat if needed. add milk gradually and stir well. checking regularly for mixture to hold as one soft mix. remove from heat. add the grated cheese until mixture is hot, stir and mix well.

next prepare the tomato sauce. dice and fry onions in sunflower oil on medium heat in a big frying-pan. add crushed garlic. add 250 grams of diced mushrooms. add prepared soy mince. add 1/2 teaspoon zarchubeh(turmeric), one teaspoon naanaa, salt and pepper as required. stir well as adding items. add two full tablespoons of tomato puree. add one 400 grams tin of chopped tomatoes. continue heating on medium for about 10 minutes. check regularly for overcooking and stir.

use a pyrex dish and cover a thin layer with the prepared cheese sauce. lay the lasagna sheets on the layer of cheese sauce. cover lasagna sheets with half the prepared tomato sauce. add new layer of lasagna sheets and cover with half the cheese sauce. repeat adding lasagna sheets and the remaining tomato sauce. finally adding lasagna sheets and the remaining cheese sauce. move to oven already heated to 190 degrees. allow cooking for about 30 minutes till cheese is golden. allow to cool and serve after 15 minutes.





## Macaroni Tomato Sauce

Serving Four.  
 400 Grams Macaroni.  
 Two Full Tablespoons  
 Tomato Puree.  
 One 400 Grams Tin Of  
 Chopped Tomatoes (Or  
 500 Grams Fresh Tomato).  
 250 Grams Mushroom.  
 3/4 Cup Soy Mince.  
 One Large Onion.  
 4 Cloves Garlic.  
 Sunflower Oil As  
 Required.  
 Salt And Pepper As  
 Required.  
 1/2 Teaspoon Each Of  
 Mixed Advieh (Spice And  
 Seasoning);  
 Zarchubeh(Turmeric).  
 One Teaspoon Naanaa,  
 (Dry Mint Leaves),  
 Optional.  
 Two Medium Size Potato.

### macaroni tomato sauce

wash soy mince 4 times and drain.

first prepare the sauce. dice and fry onions in sunflower oil on medium heat in a big frying-pan. add crushed garlic. add 250 grams of diced mushrooms. add prepared soy mince. add 1/2 teaspoon zarchubeh(turmeric), one teaspoon naanaa, salt and pepper as required. stir well as adding items. add two full tablespoons of tomato puree. add one 400 grams tin of chopped tomatoes. continue heating on medium for about 10 minutes. check regularly for overcooking and stir.

in a pot heat about 2 liters of water, with 1.5 tablespoon of salt, bring to boil. add the macaroni with one tablespoon of sunflower oil. stir well, making sure the pieces are separate. cover till return to boil. after boil leave open until macaroni are soft. use a colander to drain.

use a non-stick pot. cover bottom with sunflower oil. add slices of one centimeter potatoes. use a big rice spoon or a ladle skimmer, cover the potatoes with layer of macaroni. add further layers of sauce prepared earlier with layers of macaroni until all used, making sure last layer is of sauce. cover and cook on lower than medium heat for about 20 minutes, check for overcooking. five minutes before finish, if required add 4 tablespoons of sunflower oil.







## Macaroni White Sauce

Serving Four.  
500 Grams Macaroni.  
1/2 Liter Milk.  
2 Tablespoons Flour 1/2  
Cup Sunflower Oil.  
500 Grams Cheese.  
Salt And Pepper As  
Required.

### macaroni white sauce

grate the cheese.

first prepare the sauce. heat on medium in a pot the sunflower oil. add flour. stir and mix well till golden and almost brown, reduce heat if needed. add milk gradually and stir well. checking regularly for mixture to hold as one soft mix. remove from heat. add the grated cheese until mixture is hot, stir and mix well.

in a pot heat about 2 liters of water, with 1.5 tablespoon of salt, bring to boil. add the macaroni with one tablespoon of sunflower oil. stir well, making sure the pieces are separate. cover and return to boil, until macaroni are fully cooked. use a colander to drain. transfer to serving dish. add the prepared sauce and stir well.



### **poulo kalam (cabbage)**

wash the 1.25 cups of addas (lentil). soak in hot water for 2 hours. drain and place in a pot with enough water to cover above one centimeter, cover, heat on medium high. bring to boil, reduce to medium, cook for 30 minute. drain and leave to cool.

dice the cabbage into one centimeter pieces. clean herbs if fresh. chop to 1/2 centimeter. or use dry. dice onions to one centimeter pieces, fry in a pan with 3 tablespoons of sunflower oil. add 1/2 teaspoon each of mixed advieh (spice and seasoning); darchin(cinnamon), zarchubeh(turmeric), salt and pepper as required. add the herbs prepared earlier. mix and stir well. add the cabbages prepared earlier and mix well, until soft. add 400 grams tin of chopped tomatoes, stir well. add lentils prepared earlier, stir well. heat to reduce excess water.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now you need to mix the herb and beans mix prepared earlier, with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed herb and beans. repeat until all rice and herb and beans are transferred to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



### **Poulo Kalam (Cabbage)**

Rice Serving 4.

3 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.

1.5 Cups Sunflower Oil.  
One Large Onions.

300 Kg Herbs, Fresh ;  
Tareh (Leeks), Jafarii  
(Parsley), Shambelileh (  
Fenugreek ).

Or 4 Tablespoons Of Dry  
Herbs.

1.25 Cups Of Addas  
(Lentil).

Salt And Pepper As  
Required.

1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);

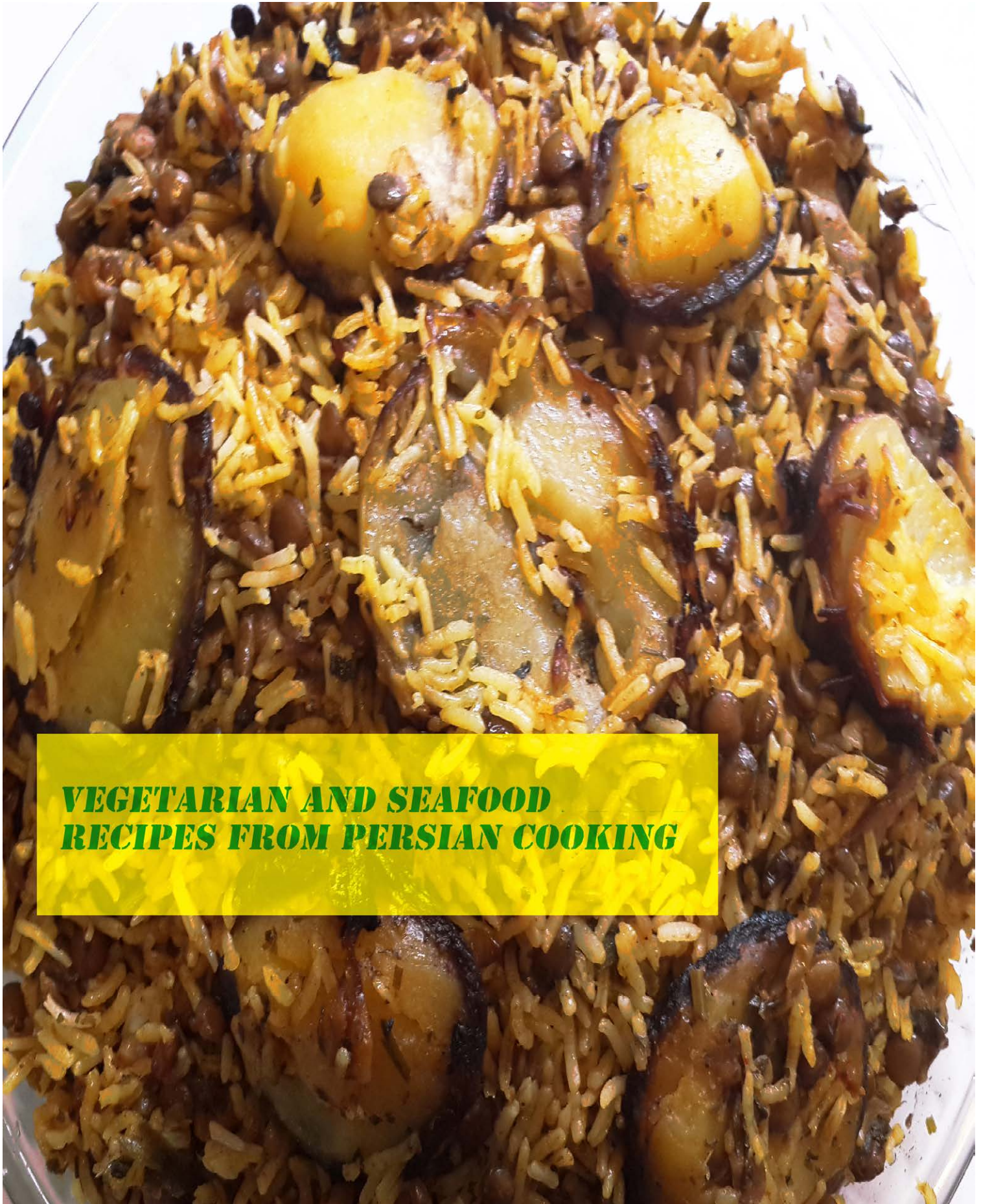
Darchin(Cinnamon),  
Zarchubeh(Turmeric).

400 Grams Tin Of  
Chopped Tomatoes.

One Small Cabbage.

For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**





## **poulo maygoo**

heat 3 tablespoons of sunflower oil in a large pan. dice two large onion and add. cook until golden. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zarchubeh(turmeric) and one teaspoon zireh(cumin) stir well. add shrimps stir well and cook for three minutes on medium heat. add raisins and stir well for two minutes on medium heat.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now you need to mix the vegetable mix with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed shrimps and raisins. repeat until all rice and mixed shrimps and raisins are transfered to pot making sure last top layer is of rice.

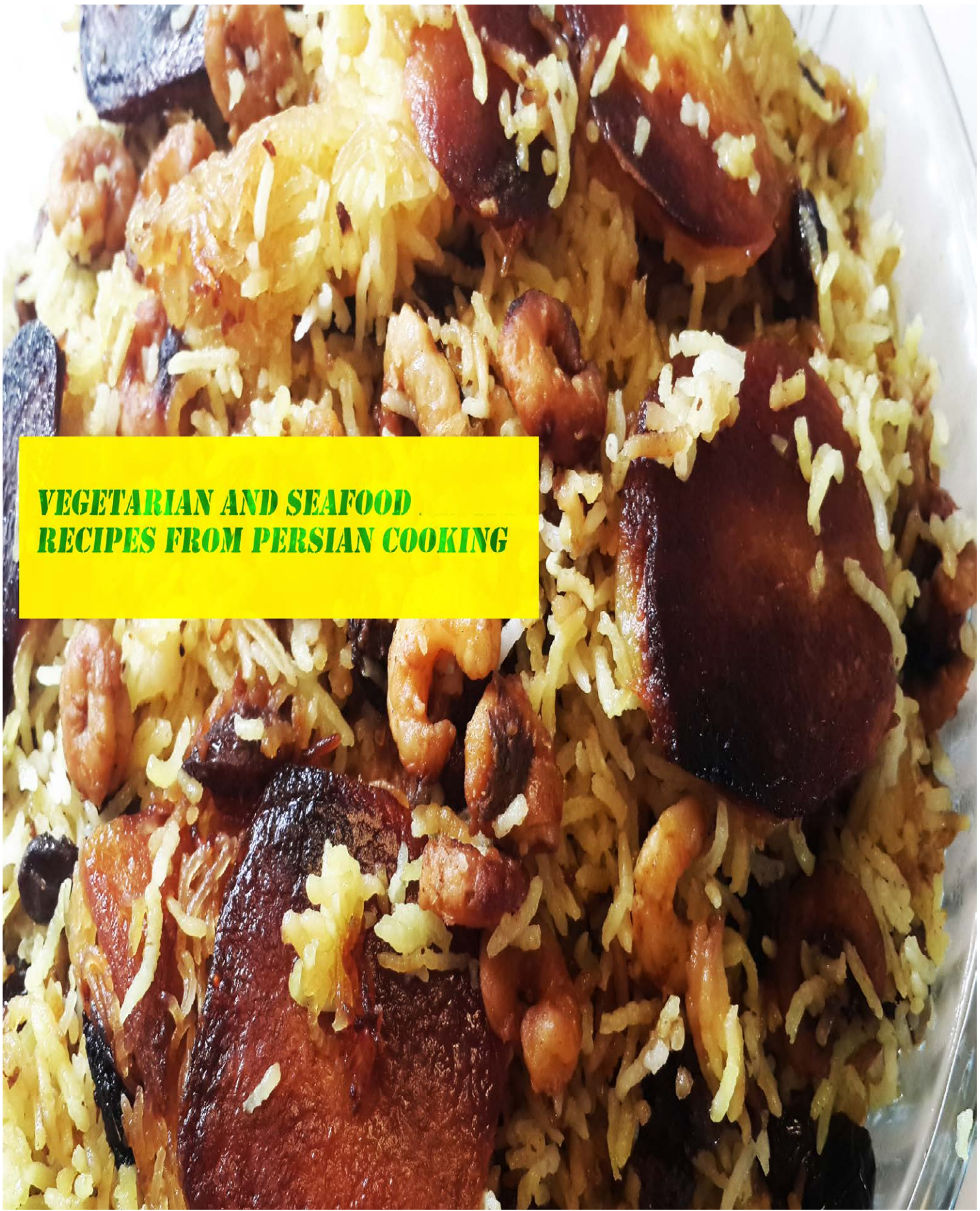
cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



## **Poulo Maygoo**

Rice Serving 4.  
4 Cups Of Basmati Rice  
About 100 Grams Each.  
Salt And Pepper As  
Required.  
Sunflower Oil 1 Cup.  
Two Large Onions.  
2 Cups Of Keshmesh  
(Raisins).  
250 Grams Maygoo  
(Shrimps).  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Zarchubeh(Turmeric).  
One Teaspoon  
Zireh(Cumin).  
For Tahdigh (Deep-Pot)  
Choice: Two Potatoes,  
Egg, Yogurt.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**





### **poulo robiyon keshmesh (raisins)**

heat 3 tablespoons of sunflower oil in a large pan. dice two large onion and add. cook until golden. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zarchubeh(turmeric) and one teaspoon zireh(cumin). add raisins and stir well for two minutes on medium heat.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now you need to mix the vegetable mix with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed vegetables. repeat until all rice and vegetables are transfered to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.

heat 3 tablespoons of sunflower oil in a large pan. dice one large onion and add. cook until golden. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zarchubeh(turmeric). add meigoo and stir well for about 4 minutes.

serve with poulo keshmesh (raisins), or any mix of vegetables.



### **Poulo Robiyon Keshmesh (Raisins)**

Rice Serving 4.  
4 Cups Of Basmati Rice  
About 100 Grams Each.  
Salt And Pepper As  
Required.  
Sunflower Oil 1 Cup.  
Two Large Onions.  
2 Cups Of Keshmesh  
(Raisins).  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Zarchubeh(Turmeric).  
One Teaspoon  
Zireh(Cumin).  
For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.

For Robiyon. Serving  
Four.  
250 Grams King Size  
Shrimps.  
One Large Onion.  
Salt and Pepper as  
Required.  
1/2 Teaspoon  
Zarchubeh(Turmeric).





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**



### **poulo tah-chin maahii (fish)**

mix zafran in a 1/4 cup of boiling water and cover.

for a portion of rice serving 4 people use 4 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

wash the fish and dry with kitchen paper. marinade with salt, pepper and 1/2 teaspoon zarchubeh(turmeric), as required. allow 30 minutes.

warm 3 tablespoons of sunflower oil in a pan. add the fish when hot, until fish is golden but not brown.

dice the onions and garlcs to one centimeter pieces. add salt, pepper and 1/2 teaspoon zarchubeh(turmeric), as required.

in a big pot mix three eggs, add the zafran mix prepared earlier. add the rest of the sunflower oil and mix. add yogurt and mix well. add onion and garlic mix and stir. add the rice prepared earlier mix and stir. sprinkle the dry shevid (dill) towards the end. mix and stir well.

clean the deep non-stick pot. put 3 tablespoons of sunflower oil into the pot and rotate so to cover all bottom of the pot. use a big rice spoon or a ladle skimmer, cover the pot with rice layer about one centimeter, spread well. spread the fish on top of the rice layer. add the rest of the rice on top of the fish, making sure of a flat top. slightly press the rice so to make adhesion. cover pot. heat on low medium for about an hour. check regulatory for over cooking. on completion, allow to cool a little. use oven gloves, place the serving dish on top and rotate so to allow all the cooked rice stand on serving dish as one whole unit like a cake.



### **Poulo Tah-Chin Maahii (Fish)**

Serving Four.

4 Cups Of Rice, 100 Grams Each Cup.

500 Grams Fish Fillet.

1 Cup Of Sunflower Oil.

3 Eggs.

1 Cup Of Natural Greek Yogurt.

2 Medium Onions.

6 Cloves Of Garlic.

1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning);

Zarchubeh(Turmeric).

Zafran As Required.

Salt And Pepper As Required.

2 Tablespoons Of Dry Shevid (Dill).





**VEGETARIAN AND SEAFOOD  
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## **poulo tah-chin vegetables**

mix zafran in a 1/4 cup of boiling water and cover.

for a portion of rice serving 4 people use 4 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

dice the onions and garlics to one centimeter pieces. fry in pan with sunflower oil. half peel the aubergines and cut into two centimeter pieces. salt and let stand for two hour. put in a pan with sunflower oil and fry for 10 minutes till soft. mash well. add diced tomatoes and stir well. add 1/2 teaspoon of mixed advieh (spice and seasoning); zarchubeh(turmeric), salt and pepper as required. mix stir well. add onion and garlic prepared earlier.

in a big pot mix three eggs, add the zafran mix prepared earlier. add the rest of the sunflower oil and mix. add yogurt and mix well. add the rice prepared earlier mix and stir. sprinkle the dry shevid (dill) towards the end. mix and stir well.

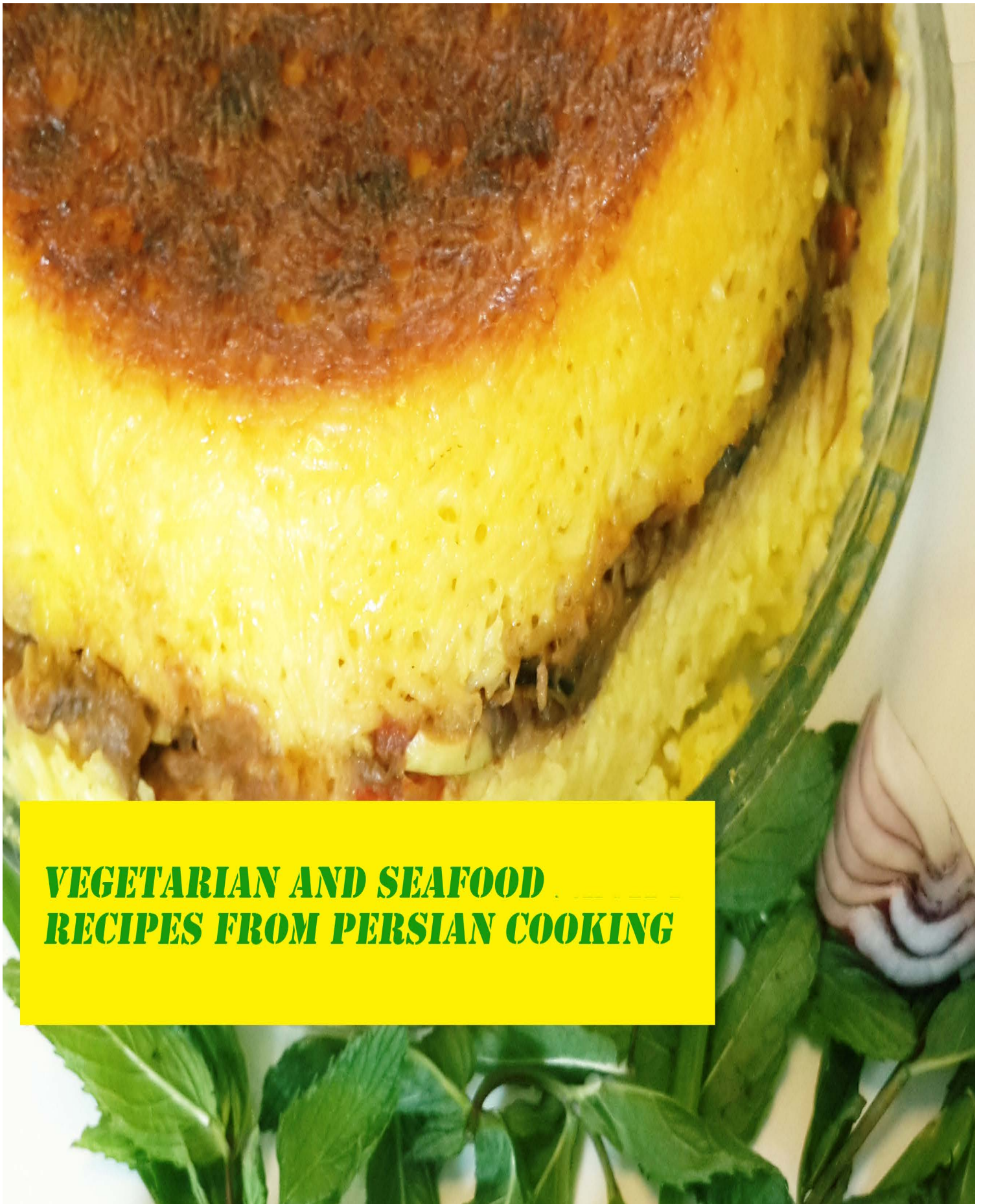
clean a deep non-stick pot. put 3 tablespoons of sunflower oil into the pot and rotate so to cover all bottom of the pot. use a big rice spoon or a ladle skimmer, cover the pot with half of the rice, spread well and flat. spread the mixed vegetables prepared earlier on top of the rice layer. add the rest of the rice on top of the vegetables, making sure of a flat top. slightly press the rice so to make adhesion. cover pot. heat on low medium for about an hour. check regulatory for over cooking. on completion, allow to cool a little. use oven gloves, place the serving dish on top and rotate so to allow all the cooked rice stand on serving dish as one whole unit like a cake.



## **Poulo Tah-Chin Vegetables**

Serving Four.  
4 Cups Of Rice, 100 Grams Each Cup.  
3 Medium Aubergine.  
( As Optional Alternative Can Add Other Herbs And Vegetables Like, Mushroom Carrots Spinach Raisins.) 2 Large Tomatoes.  
1 Cup Of Sunflower Oil.  
3 Eggs.  
1 Cup Of Natural Greek Yogurt.  
2 Medium Onions.  
6 Cloves Of Garlic.  
1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning);  
Zarchubeh(Turmeric).  
Zafran As Required.  
Salt And Pepper As Required.





**VEGETARIAN AND SEAFOOD  
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### **poulo addas (lentil)**

wash the lentils and let soak in a pan for about two hour. drain and place in a pan, add 1.5 cups of water. bring to boil and cook on medium heat for about 30 minutes. check for over cooking, when ready and soft add one teaspoon of salt. drain all water.

heat 3 tablespoons of sunflower oil in a large pan. dice two large onion and add. cook until golden. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zarchubeh(turmeric) and one teaspoon zireh(cumin). add raisins and stir well for two minutes on medium heat. add the lentils as prepared earlier and gently stir.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

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now you need to mix the vegetable mix with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed vegetables. repeat until all rice and vegetables are transfered to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



### **Poulo Addas (Lentil)**

Rice Serving 4.  
3 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.  
Salt And Pepper As  
Required.  
Sunflower Oil 1 Cup.  
Two Large Onions.  
1.5 Cups Of Addas  
(Lentils).  
2 Cups Of Keshmash  
(Raisins).  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Zarchubeh(Turmeric).  
One Teaspoon  
Zireh(Cumin).  
For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**





### **poulo baghaleh (broad beans)**

defrost the broad beans. remove the skin. split the bean halves.

dice the onions into one centimeter. fry the onions in a large pan with 3 tablespoons of sunflower oil, until golden. add the crushed garlicks. add 1/2 teaspoon each of mixed advieh (spice and seasoning); darchin(cinnamon), zarchubeh(turmeric), zanjebil(ginger). add salt and pepper as required, stir well. add oil if needed.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. add the broad beans and stir well. allow boiling for another minute with the broad beans added. drain the rice and broad beans mix in a colander and make sure the deep-pan is empty of rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now you need to mix the herb and beans mix prepared earlier, with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed onions and herbs prepared earlier. repeat until all rice, broad beans and onions and herbs are transfered to pot making sure last top layer is of rice and broad beans.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



### **Poulo Baghaleh (Broad Beans)**

Rice Serving 4.

4 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.

1.5 Cups Sunflower Oil.

Two Large Onions.

7 Cloves Of Garlic.

1/2 Kg Baghaleh (Broad  
Beans).

Salt And Pepper As  
Required.

1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);

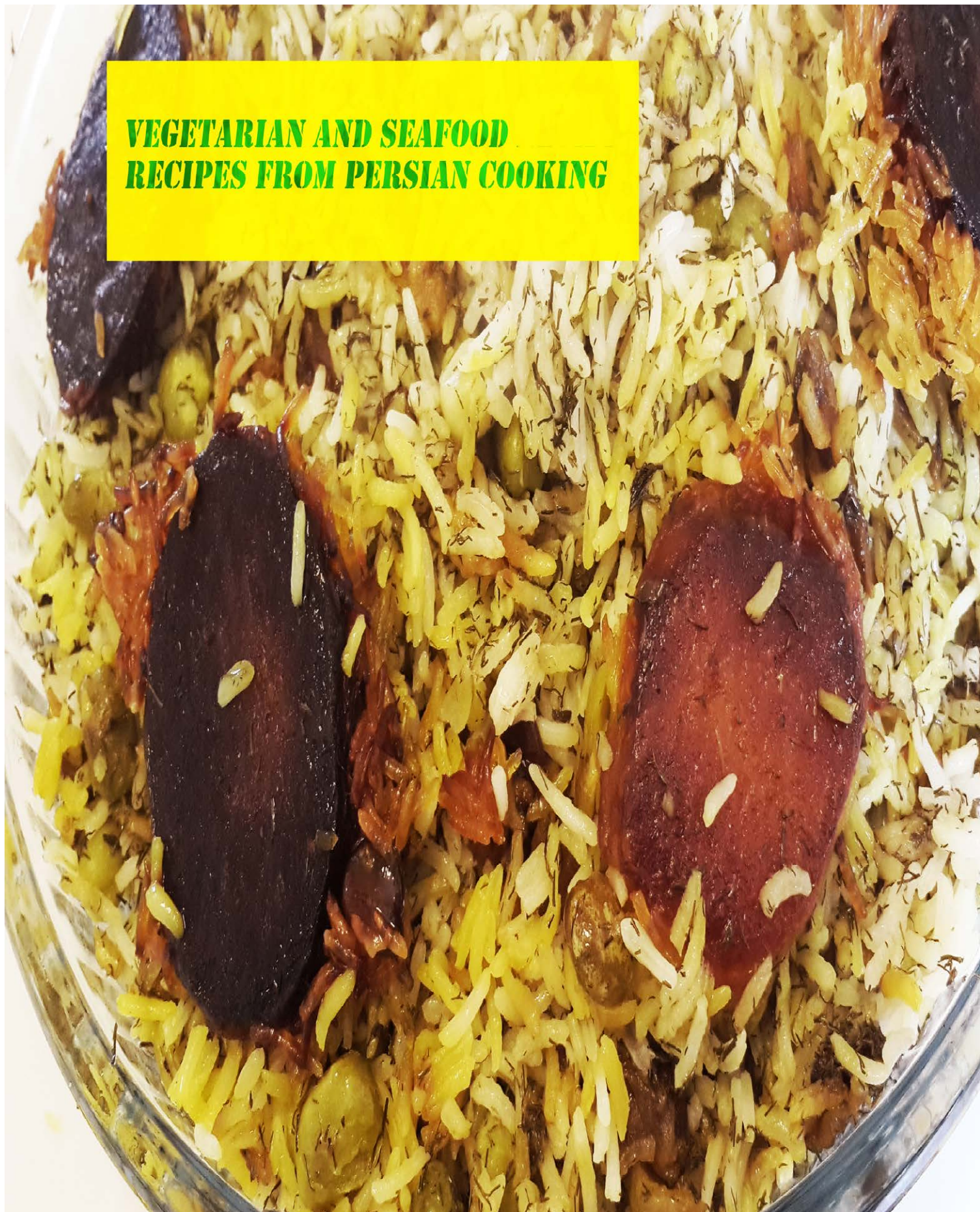
Darchin(Cinnamon),  
Zarchubeh(Turmeric),  
Zanjebil(Ginger).

5 Tablespoons Of Dry  
Shevid (Dill).

For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.



**VEGETARIAN AND SEAFOOD  
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## **poulo estambulhi with tomato**

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now you need to mix the herb and beans mix prepared earlier, with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed tomatoes and green beans. repeat until all rice and tomatoes and green beans are transfered to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



## **Poulo Estambulhi With Tomato**

Rice Serving 4.

3.5 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.

1.5 Cups Sunflower Oil.

One Large Onions.

1/2 Kg Green Beans.

Salt And Pepper As  
Required.

1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);

Darchin(Cinnamon),  
Zarchubeh(Turmeric),  
Zanjebil(Ginger).

1/2 Tablespoon Of Limu  
Omani Powder (Dried  
Limes) Or Mango Powder.

400 Grams Tin Of  
Chopped Tomatoes.

2 Tablespoon Tomato  
Puree.

For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.





**VEGETARIAN AND SEAFOOD  
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### **poulo havige lubia green**

wash and cut the runner green beans into 2 centimeter sticks. fry in sunflower oil for about 5 minutes until soft. add one teaspoon of salt and stir allow to cook for another minute.

heat 3 tablespoons of sunflower oil in a large pan. dice one large onion and add. cook until golden and remove onion from pan. cut carrots into 2 centimeter sticks and add to pan. add about 2 tablespoons of sunflower oil, as required. allow to cook stirring occasionally, until soft and cooked. add 1/2 teaspoon each of mixed advieh (spice and seasoning); darchin(cinnamon), zanjebil(ginger), hel(cardamom), zarchubeh(turmeric). return the fried onions and stir well again for two minutes. remove from heat. add the green beans prepared earlier and gently stir well.

for a portion of rice serving 4 people use 4 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now you need to mix the vegetable mix with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed vegetables. repeat until all rice and vegetables are transfered to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



### **Poulo Havige Lubia Green**

Rice Serving 4.  
4 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.  
Salt And Pepper As  
Required.  
Sunflower Oil 1 Cup.  
1/2 Kg Of Runner Green  
Beans Or Frozen Beans.  
3/4 Kg Carrots.  
One Large Onion.  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Darchin(Cinnamon),  
Zanjebil(Ginger),  
Hel(Cardamom),  
Zarchubeh(Turmeric).  
For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.





**VEGETARIAN AND SEAFOOD  
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## **poulo havige lubia red**

night before wash and soak the red beans. before cooking empty the water and transfer beans to a deep pot. add two cups of water. cover and bring to boil. reduce heat to medium. allow to cook for 1 to 1.5 hours, checking regularly, adding water until the beans are soft and cooked. add one teaspoon of salt and stir allow to cook for another minute. (remove excess water and use if needed for any other dish)

heat 3 tablespoons of sunflower oil in a large pan. dice one large onion and add. cook until golden and remove onion from pan. cut carrots into 2 centimeter sticks and add to pan. add about 2 tablespoons of sunflower oil, as required. allow to cook stirring occasionally, until soft and cooked. add 1/2 teaspoon each of mixed advieh (spice and seasoning); darchin(cinnamon), zanjebil(ginger), hel(cardamom), zarchubeh(turmeric). return the fried onions and stir well again for two minutes. remove from heat. add the red beans prepared earlier and gently stir well.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now you need to mix the beans and vegetable mix with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mashed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed vegetables. repeat until all rice and vegetables are transferred to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



## **Poulo Havige Lubia Red**

Rice Serving 4.  
3 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.  
Salt And Pepper As  
Required.  
Sunflower Oil 1 Cup.  
1.5 Cups Of Red Beans.  
3/4 Kg Carrots.  
One Large Onion.  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Darchin(Cinnamon),  
Zanjebil(Ginger),  
Hel(Cardamom),  
Zarchubeh(Turmeric).

For Tahdigh (Deep-Pot)  
Choice of; Two Potatoes,  
Egg, Yogurt.





**VEGETARIAN AND SEAFOOD  
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### **poulo keshmesh (raisins)**

heat 3 tablespoons of sunflower oil in a large pan. dice two large onion and add. cook until golden. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zarchubeh(turmeric) and one teaspoon zireh(cumin). add raisins and stir well for two minutes on medium heat.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

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now you need to mix the vegetable mix with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed vegetables. repeat until all rice and vegetables are transfered to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



### **Poulo Keshmesh (Raisins)**

Rice Serving 4.  
4 Cups Of Basmati Rice  
About 100 Grams Each.  
Salt And Pepper As  
Required.  
Sunflower Oil 1 Cup.  
Two Large Onions.  
2 Cups Of Keshmesh  
(Raisins).  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Zarchubeh(Turmeric).  
One Teaspoon  
Zireh(Cumin).  
For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.





**VEGETARIAN AND SEAFOOD  
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## rice koofteh

chop the herbs to 1/2 centimeter pieces. dice onion and garlic to 1/2 centimeter pieces.

soak addas (lentils) for 2 hours in warm water. drain, transfer to pot with 3 cups of water. stir, cover, heat on medium for 20 minutes, checking occasionally for softness of addas, adding water when necessary. drain when soft, but keep the liquid mixture. leave to cool.

wash the rice three times, till clear. transfer to pot with one teaspoon of salt and 1.5 cups of water. stir, cover and heat on medium for 20 minutes till all water evaporates, stirring and checking occasionally. leave to cool.

transfer 3/4 of prepared addas (lentils) and all of the prepared rice to a bowl. add prepared herbs. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zireh(cumin), geshniz(coriander) powder, zarchubeh(turmeric), salt and pepper. stir and mix well. break three eggs and add. stir and mix well, till forms a sticky mixture. now make the mixture into about 6 centimeter diameter balls and press very well and tight. continue till all mixture is used.

use a large but shallow pot, add 1/2 cup of sunflower oil. fry the onions till golden. add and fry garlic to onions. add little salt and zarchubeh(turmeric), mix and stir well. add tomato puree and mix well. add chopped tomatoes, mix and stir well. add the remaining 1/4 of prepared addas with the liquid mixture from earlier preparation. stir and mix. add 6 cups of water. cover and bring to boil on medium high. now drop the pressed rice balls prepared earlier gently into the boiling water. gradually adjusting them with a fork making room in the pot for the remaining rice balls to be placed, till all rice balls are transferred. check and add water so that there is about three centimeters of water above the surface of the rice balls. cover and bring to boil. check regulatory so that about one centimeter of liquid mixture stand above the rice balls as the heat and evaporation thickens the sauce mixture between the rice balls. continue for about 20 minutes on medium high. add the remaining 1/2 cup of sunflower oil over the contents. leave to cool for 20 minutes before gently moving the rice balls to serving dish.



## Rice Koofteh

Serving Four.

2 Cups Of Rice.

2.5 Cups Of Addas (Lentils).

3 Eggs.

2 Medium Onions.

6 Cloves Of Garlic.

Three Tablespoon Tomato Puree.

One 400 Gram Tin Of Chopped Tomato, Or 1/2 Kg Fresh.

1 Cup Of Sunflower Oil.

1/2 Kg Herbs; Tareh (Leeks), Jafarii (Parsley), Geshniz (Coriander).

1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning); Zireh(Cumin), Geshniz(Coriander)

Powder,

Zarchubeh(Turmeric).

Salt And Pepper As Required.





**VEGETARIAN AND SEAFOOD  
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### **poulo maash (mung beans)**

wash the maash. drain and place in a pan, heat on medium, and stir well for about two minutes to the drain excess water. add 4 tablespoons of sunflower oil, stir for about two minutes. remove from heat and add 1.5 cups of water, stir until all the maash sink to the bottom. add one teaspoon of salt, cover and let cook on medium heat for about 20 minutes. check for overcooking until ready and soft.

heat 3 tablespoons of sunflower oil in a large pan. dice two large onion and add. cook until golden. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zarchubeh(turmeric) and one teaspoon zireh(cumin). add raisins and stir well for two minutes on medium heat. add the maash as prepared earlier and gently stir.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

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now you need to mix the vegetable mix with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed vegetables. repeat until all rice and vegetables are transfered to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



### **Poulo Maash (Mung Beans)**

Rice Serving 4.  
3 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.  
Salt And Pepper As  
Required.  
Sunflower Oil 1 Cup.  
Two Large Onions.  
1.5 Cups Of Maash (Mung  
Beans) 2 Cups Of  
Keshmash (Raisins).  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Zarchubeh(Turmeric).  
One Teaspoon  
Zireh(Cumin).  
For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.



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## **poulo sabzi lubia cheshm**

wash the black eye beans. soak in hot water for 2 hours. drain and place in a pot with enough water to cover above one centimeter, cover, heat on medium high. bring to boil, reduce to medium, cook for 45 minute.. drain and leave to cool.

clean herbs if fresh. chop to 1/2 centimeter. or use dry.

dice onions to one centimeter pieces, fry in a pan with 3 tablespoons of sunflower oil. add the crushed garlic. add 1/2 teaspoon each of mixed advieh (spice and seasoning); darchin(cinnamon), zanjebil(ginger), zarchubeh(turmeric), salt and pepper as required. add the herbs prepared earlier. mix and stir well. add the beans prepared earlier and mix well.

for a portion of rice serving 4 people use 3 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now you need to mix the herb and beans mix prepared earlier, with the prepared rice and return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mushed to each other. for every two spoons of rice layer add a similar two spoons layer of mixed herb and beans. repeat until all rice and herb and beans are transferred to pot making sure last top layer is of rice.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.



## **Poulo Sabsi Lubia Cheshm**

Rice Serving 4.

3 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.

1.5 Cups Sunflower Oil.  
Two Large Onions.

7 Cloves Of Garlic.

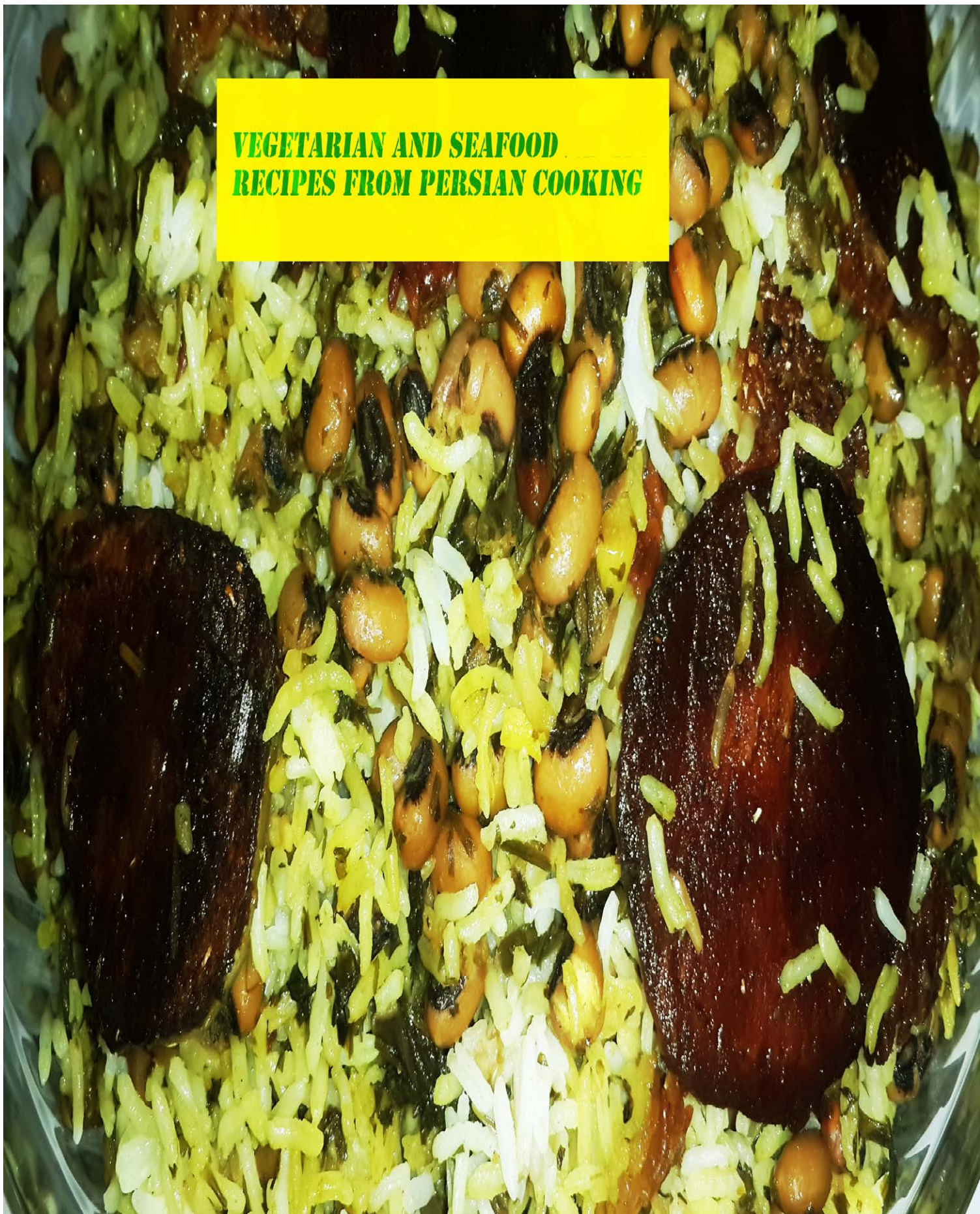
1/2 Kg Herbs, Fresh ;  
Tareh (Leeks), Jafarii  
(Parsley), Shevid (Dill), Or  
5 Tablespoons Of Dry  
Herbs.

1.5 Cups Of Black Eye  
Beans (Lubia Cheshm).  
Salt And Pepper As  
Required.

1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Darchin(Cinnamon),  
Zanjebil(Ginger),  
Zarchubeh(Turmeric).  
For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.



**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**





## white rice

for a portion of rice serving 4 people use 4 cups of about 100 grams each. at-least 4 hours before cooking the rice, wash the rice in cold running water for three minutes until water runs clear. mix in warm water in a deep pan so that water covers to above one inch of the rice. add two tablespoons of salt and gently stir. cover and let stand for 4 hours.

put 2 liters of water in a deep non-stick pot and cover and heat to boiling. while the water is simmering gently add the salt water from the rice in to the boiling pot, cover and wait till water returns to boil, care for any hot water splashing out. after return to boil gently add the remaining rice from the pan. stir the rice about three time so that the rice grains become detached, cover till water returns to boil. lift the cover after water is boiling. check for rice in 20 to 30 minutes. make sure rice grains are almost cooked and soft by pressing or biting a few grains. drain the rice in a colander and make sure the deep-pan is empty of rice. this is almost a base preparation for making most persian rice.

clean the deep non-stick pot from rice. pour 1/3 of cup sunflower oil into the pot and rotate so to cover all bottom of the pot. this is useful for making crunchy rice tahdigh (deep-pot). in making rice there is always a layer of roasted rice at the bottom of the pot, here are a few options for making deep crunchy rice. a/ pour the rice in to the bottom of pot, and allow one centimeter layer of rice to mix well with the sunflower oil. b/ slice one or two potatoes into about less than one centimeter slices, sprinkle a little salt. and mix well with the sunflower oil so that all potatoes and bottom of pan are covered with sunflower. c/ mix enough rice with two tablespoons of yogurt and one egg and a little salt. this should be enough to cover the bottom of pot.

now return the rest of the rice gently into the pot from the colander. use a big rice spoon or a ladle skimmer, so that the transfer of rice does not allow grains to become attached or mashed to each other.

cover the pot and heat for 30 minutes with medium heat, till water is steamed out. check regularly every 10 minutes and reduce heat if steaming out too quickly. mix 3/4 of cup sunflower oil with 1/3 cup of water and pour all over the rice. reduce heat by one level and cover for 20 to 30 minutes till rice is ready.

this is sephid (white) rice and is consumed with all khoresh and sea foods.



## White Rice

Rice Serving 4.  
4 Cups Of Basmati Rice  
About 100 Grams Each  
Cup.  
Salt as Required.  
Sunflower Oil 1 Cup.  
For Tahdigh (Deep-Pot)  
Choice Of; Two Potatoes,  
Egg, Yogurt.





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**





**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

## Boorani

Serving Four.  
One Kg Spinach.  
6 Full Tablespoons of  
Greek Yogurt, as required.  
5 Cloves of Garlic.  
2 Tablespoons Sunflower  
Oil, as required.  
Salt as required.

### boorani

clean and wash the spinach well. chop the spinach into 2 centimeter pieces. place in a medium size but deep pan. add salt and sunflower oil as required. cover and heat on medium for 20 minutes. check and stir regularly. leave to cool (remove excess water and use if needed for any other dish). crush 4 cloves of garlic and mix with spinach, add about 6 tablespoons of yogurt and stir well and rapidly. refrigerate the boorani as required before consuming.







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

## **Salad Cabbage and Carrots**

Serving Four.  
One Medium Carrot.  
150 Grams Red Cabbage.  
150 Grams Green Cabbage.  
150 Grams Pickled Beetroot.  
Lemon Juice As Required.  
Olive Oil As Required.  
Salt And Pepper As Required.

### **salad cabbage and carrots**

slice the red and green cabbages in a food processor. grate the carrot. dice the beetroot into one centimeter pieces. mix all in a salad serving dish. add lemon juice, olive oil, salt and pepper as required.





## Dolmeh Appetizer Vs Main Dish

See Recipes For;

Dolmeh Kalam,  
Dolmeh Pepper,  
Dolmeh Wine Leaves.

### **dolmeh appetizer vs main dish**

dolmeh is a main dish or an appetizer or a side dish in smaller portions. other than the dolmeh recipes presented here with; kalam, pepper and wine leaves it is also made with eggplants. as an appetizer and side dish various garnish and sauces such as, yogurt-mint sauce, tahini sauce (sesame sauce), garlic and lemon juice, chilled yogurt-garlic sauce, garnish with sprigs of cilantro and mint are some other variations.







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

## **Dolme Kalam (Cabbage)**

Serving Four.  
One Large Cabbage.  
2.5 Cups Of Rice.  
3/4 Cup Lapeh (Yellow Split Peas).  
1.5 Cup Raisins.  
One Large Onion.  
One Tablespoon Tomato Puree.  
One 400 Gram Tin Of Chopped Tomato, Or 1/2 Kg Fresh.  
100 Gram Sunflower Oil.  
1/4 Kg Herbs; Jafarii (Parsley).  
1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning);  
Darchin(Cinnamon),  
Zarchubeh(Turmeric).  
Salt And Pepper As Required.  
2 Teaspoons Of Limuomani Powder (Dried Limes) Or Mango Powder.  
2 Tablespoons Sugar.  
1/4 Cup Vinegar.

### **dolme kalam (cabbage)**

select about 20 soft and undamaged cabbage leaves. soften the leaves in boiling slightly salted water for about two minutes, and turnover for full cover. remove from water and leave to cool.

soak the lapeh (yellow split peas) in warm water. drain. transfer to a pot of boiling water. cover and cook for about 20 minutes on medium heat. drain but keep the remaining liquid. allow to cool.

dice the onions. fry in a pan with 5 tablespoons of sunflower oil, until soft. add raisins. stir and mix. allow to cool.

mix in a bowl, rice, lapeh (yellow split peas), onions and raisins, tomato puree, jafarii (parsley), darchin(cinnamon), zarchubeh(turmeric), limuomani powder (dried limes), salt and pepper. mix and stir.

cover a pot with one layer of cabbage leaves (other than those 20 selected earlier). fill each of the 20 selected and prepared cabbage leaves with the fillings prepared from the bowl. wrap and fold then transfer to the pot such that the fold will hold by the weight of contents. repeat and set the warped cabbage and contents so to form a few layers in the pot. slightly press so that they all hold well. mix the chopped tomatoes in 3 cups of water or any liquid left over from lapeh (yellow split peas) preparation. transfer to pot so to cover the leaves. use a pyrex dish to press the leaves and cover pot. bring to boil and cook on medium for 30 minutes. checking regularly for overcooking and sufficient liquid coverage. towards the end remove the pyrex dish. transfer remaining sunflower oil on to top of the leaves. mix in 1/4 cup of water, sugar and vinegar then cover the leaves with the mixture. allow to cook for another five minutes. leave to cool for 30 minutes before attempting to gently remove the warped cabbages and contents to the serving dish.





## Dolmeh Wine Leaves

Serving Four.  
 250 Grams Wine Leaves.  
 2.5 Cups Of Rice.  
 3/4 Cup Lapeh (Yellow Split Peas).  
 1.5 Cup Raisins.  
 One Large Onion.  
 One Tablespoon Tomato Puree.  
 One 400 Gram Tin Of Chopped Tomato, Or 1/2 Kg Fresh.  
 100 Gram Sunflower Oil.  
 1/4 Kg Herbs; Jafarii (Parsley).  
 1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning);  
 Darchin(Cinnamon),  
 Zarchubeh(Turmeric).  
 Salt And Pepper As Required.  
 2 Teaspoons Of Limuomani Powder (Dried Limes) Or Mango Powder.  
 2 Tablespoons Sugar.  
 1/4 Cup Vinegar.

**VEGETARIAN AND SEAFOOD  
 RECIPES FROM PERSIAN COOKING**

### **dolmeh wine leaves**

soak the lapeh (yellow split peas) in warm water. drain. transfer to a pot of boiling water. cover and cook for about 20 minutes on medium heat. drain but keep the remaining liquid. allow to cool.

dice the onions. fry in a pan with 5 tablespoons of sunflower oil, until soft. add raisins. stir and mix. allow to cool.

mix in a bowl, rice, lapeh (yellow split peas), onions and raisins, tomato puree, jafarii (parsley), darchin(cinnamon), zarchubeh(turmeric), limuomani powder (dried limes), salt and pepper. mix and stir.

cover a pot with one layer of wine leaves. fill each of the remaining wine leaves with the fillings prepared from the bowl. wrap and fold then transfer to the pot such that the fold will hold by the weight of contents. repeat and set the warped wine leaves and contents so to form a few layers in the pot. slightly press so that they all hold well. mix the chopped tomatoes in 3 cups of water or any liquid left over from lapeh (yellow split peas) preparation. transfer to pot so to cover the leaves. use a pyrex dish to press the leaves and cover pot. bring to boil and cook on medium for 30 minutes. checking regularly for overcooking and sufficient liquid coverage. towards the end remove the pyrex dish. transfer remaining sunflower oil on to top of the leaves. mix in 1/4 cup of water, sugar and vinegar then cover the leaves with the mixture. allow to cook for another five minutes. leave to cool for 30 minutes before attempting to gently remove the warped wine leaves and contents to the serving dish.







## Dolmeh Pepper

Serving Four.  
 12 Large Pepper.  
 2.5 Cups Of Rice.  
 3/4 Cup Lapeh (Yellow Split Peas).  
 1.5 Cup Raisins.  
 One Large Onion.  
 One Tablespoon Tomato Puree.  
 One 400 Gram Tin Of Chopped Tomato, Or 1/2 Kg Fresh.  
 100 Gram Sunflower Oil.  
 1/4 Kg Herbs; Jafarii (Parsley).  
 1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning);  
 Darchin(Cinnamon),  
 Zarchubeh(Turmeric).  
 Salt And Pepper As Required.  
 2 Teaspoons Of Limuomani Powder (Dried Limes) Or Mango Powder.  
 2 Tablespoons Sugar.  
 1/4 Cup Vinegar.

### **dolmeh pepper**

soak the lapeh (yellow split peas) in warm water. drain. transfer to a pot of boiling water. cover and cook for about 20 minutes on medium heat. drain but keep the remaining liquid. allow to cool.

dice the onions. fry in a pan with 5 tablespoons of sunflower oil, until soft. add raisins. stir and mix. allow to cool.

mix in a bowl, rice, lapeh (yellow split peas), onions and raisins, tomato puree, jafarii (parsley), darchin(cinnamon), zarchubeh(turmeric), limuomani powder (dried limes), salt and pepper. mix and stir.

slice the top head of the peppers and dispose contents, making sure the pepper body and head are undamaged. use a pot or a tall pan with cover. half fill each of the peppers with the fillings prepared from the bowl. gently transfer each half full pepper to the pot. repeat and set the peppers so to form and hold one layer. making sure they hold well in the pot. mix the chopped tomatoes in 3 cups of water or any liquid leftover from lapeh (yellow split peas) preparation. transfer to pot so to cover the peppers. cover each pepper with its own head.cover pot. bring to boil and cook on medium for 30 minutes. checking regularly for overcooking and sufficient liquid coverage. towards the end transfer remaining sunflower oil on to top of the peppers. mix in 1/4 cup of water, sugar and vinegar then cover the peppers with the mixture. allow to cook for another five minutes. leave to cool for 30 minutes before attempting to gently remove the peppers and contents to the serving dish.





## Felaphel

Serving Four.  
 One Cup Of Dry Chickpeas.  
 One Cup Of Red Beans.  
 100 Grams Of Jafarii (Parsley), Geshniz (Coriander).  
 One Large Onion.  
 6 Cloves Of Garlic.  
 Salt And Pepper As Required.  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 1/2 Teaspoon Darchin(Cinnamon).  
 1/2 Teaspoon Geshniz(Coriander) Powder.  
 1/2 Cup Of White Flour.  
 1/2 Cup Of Breadcrumbs.  
 1/2 Teaspoon Baking Powder.  
 One Egg.  
 200 Grams Of Sunflower Oil As Required.

### felaphel

soak chickpeas and red beans for two hours in warm water. put in a pot with enough water to cover above one centimeter. heat on medium for about half an hour so that the beans are starting to soften. drain. mix the herbs; jafarii (parsley), geshniz (coriander) with the prepared beans. grate in a food processor well. add the zarchubeh(turmeric), darchin(cinnamon), geshniz(coriander) powder, breadcrumbs, flour, salt and pepper as required, baking powder, egg. mix and stir well to the point of mash. leave for 30 minutes. shape like and size of walnuts. use a hot frying pan with 100 grams of the sunflower oil, cook and turnover for full coverage of cooking. check regularly for oil and add oil as required.







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

## Halim Baademjan

Serving Four.  
4 Medium Size Aubergine.  
2 Cups Addas (Lentil).  
2 Large Onions.  
1/2 Cup Soy Mince.  
300 Grams Greek Yogurt.  
6 Cloves Garlic.  
Salt And Pepper As  
Require.  
1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning);  
Zarchubeh(Turmeric).  
One Teaspoon Naanaa,  
(Dry Mint Leaves).

### halim badenjan

wash soy mince in cold water four times. drain.

dice and fry onions in sunflower oil as required. after cooked and soft add zarchubeh(turmeric), salt and pepper as required. crush and dice cloves of garlic and add. keep stirring on medium heat until golden. add naanaa (dry mints) as required at the end. split into two equal halves.

cut the aubergines into two pieces along the length. cover with salt let stand for two hours. fry in sunflower oil until golden.

wash addas in cold water, leave in warm water for about two hours. drain after two hours. add water again to cover about two centimeters above the addas. cover and cook for about 30 minutes. check regularly and stir until soft and cooked. add some salt. add the aubergine, prepared earlier, into addas including any liquid with the aubergine. add the washed soy mince as prepared earlier. stir well making sure a little water covers to above vegetables. cover and heat on medium for 15 minutes, check and stir as needed. when well cooked, use a masher and mash well the vegetables. leave until cold. add the fried onions and garlic prepared earlier into the aubergine mix. add 150 grams of greek yogurt. stir and mix well. transfer to the serving dish and decorate with rest of fried onions and yogurt.





## Hummus

For Serving Four.  
One Tin Of Garbanzo Beans (Chickpeas) In Salt Water - 400 Grams.  
One Medium Size Carrot.  
1/4 Of Small Cauliflower.  
4 Pieces Of Garlic.  
4 Tablespoons Of Lemon Juice.  
4 Tablespoons Of Olive Oil.  
3 Full Tablespoons Of Tahini (Ardeh).  
Salt And Pepper.

### hummus

cut carrot and cauliflower into 2 centimeter pieces. place in a hot oven for 10 minutes to soften. takeout and leave to cool. drain the garbanzo beans (chickpeas). mix about quarter of salt water from tin of pees with 4 tablespoons of lemon juice and 4 tablespoons of olive oil in mixer. add carrots and cauliflower with 3 full tablespoons of tahini(ardeh) and mix well. add all drained pees. mix throughly, add gradually as much of the pees salt water until soft as required.







## Mastookhiar

Serving Four.  
400 Grams Greek Yogurt.  
One Medium Cucumber.  
One Medium Onion.  
Two Teaspoons Dry  
Mints.  
1/2 Cup Raisins.  
Salt as Required.

### mastookhiar

peel the cucumber and dice to 1/2 centimeter pieces. dice onions to 1/2 centimeter.  
add raisins and salt as required. mix well. add the yogurt and serve.





## **Salad Olivieh**

Serving Four.

3 Eggs.

2 Medium Carrots.

4 Medium Potato.

3/4 Cup Garden Peas.

3/4 Cup Green Beans.

1/2 Cup Corn.

3 Medium Size Gherkins  
Pickle.

4 Tablespoons Of  
Sunflower Oil.

4 Tablespoons Of Lemon  
Juice.

4 Tablespoons  
Mayonnaise.

Salt And Pepper As  
Required.

### **salad olivieh**

boil the potatoes, eggs and carrots in a little water and salt, do not remove shells or peel. leave to cool and skin. dice to 1/2 centimeter pieces.

dice the beans to same size as the corn and peas. cook beans, peas and corn with as little water as two tablespoons of water and a little salt. drain and let cool. add the potatoes, carrots and eggs prepared earlier. dice the gherkins pickle to similar 1/2 centimeter size and add and mix all well. add salt, pepper, lemon juice and sunflower oil and mix well. towards the end add mayonnaise.





## Potato Salad and Red Beans

Serving Four.

4 Medium Potatoes.

One 400 Gram Tin Of Red Beans.

2 Medium Carrots.

4 Medium Tomato.

2 Medium Pickle Beetroot.

3 Medium Size Gherkins Pickle.

One Large Onion.

4 Tablespoons Of Sunflower Oil.

3 Tablespoons Of Mayonnaise.

3 Lemon Juice.

Salt And Pepper.

### potato salad and red beans

cook the potato and carrots with little salt, do not peel. leave to cool then peel. dice to 2 centimeter pieces. dice the tomatoes, pickles, onions, beetroot similarly to 2 centimeter. drain the red beans and add to diced vegetables. mix and stir. add lemon juice, sunflower oil, mayonnaise, salt and pepper. mix and stir well.





## Salad Shirazi with Soy Sauce

Serving Four.  
One Medium Cucumber.  
5 Medium Tomatoes.  
One Medium Onion.  
1/2 Fresh Large Pepper.  
1/2 Teaspoon Naanaa,  
(Dry Mint Leaves).  
Salt And Pepper As  
Required.  
Olive Oil As Required.  
Lemon Juice As Required.  
Vinegar As Required.  
Soy Sauce Optional  
Innovation.

### salad shirazi with soy sauce

dice the vegetables into smallest possible, may be 1/2 centimeter. mix well and transfer to serving dish. add 1/2 teaspoon naanaa, (dry mint leaves). salt and pepper as required. olive oil as required. lemon juice as required. vinegar as required. soy sauce optionally.







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

## **Salad Mixed Vegetables and Couscous**

Serving Four.  
3/4 Cup Of Frozen Green Beans.  
3/4 Cup Of Frozen Garden Peas.  
3/4 Cup Of Frozen Carrots.  
3/4 Cup Of Frozen Corn.  
3 Medium Pickled Cucumbers.  
1/2 Cup Couscous.  
4 Tablespoon Olive Oil.  
3 Tablespoon Lime Or Lemon Juice.  
Salt And Pepper As Required.

### **salad mixed vegetables and couscous**

defrost the frozen vegetables. mix well in a medium pot. add one tablespoon water, two tablespoons olive oil. mix well. heat on medium, for about 15 minutes till water evaporates. leave to cool.

prepare couscous as instructed on package, leave to cool.

cut pickled cucumbers.

mix well, prepared vegetables, couscous, pickled cucumbers, add lemon juice, olive oil, salt and pepper as required.





### Sauce Goojeh (Tomato)

Two Tablespoons Tomato Puree.  
1 Tablespoon White Flour.  
5 Tablespoons Sunflower Oil.  
Salt and Pepper as Required.  
One Tablespoon Sugar.  
Two Tablespoon Lime or Lemon Juice.  
One Cup Water.

#### sauce goojuh (tomato)

mix water with tomato puree and sugar and lemon juice. stir well.

heat sunflower in a pan on medium heat. add white flour. stir and fry. do not overcook to brown. remove from heat. add the water and tomato puree mix prepared earlier, stir well till all solids dissolve, with slight heat if required. continue to heat for water to evaporate as required for a creamy sauce. add salt and pepper as required.







### Sauce Khardal (Mustard)

One Tablespoon Mustard  
Sauce.  
1 Tablespoon White Flour.  
5 Tablespoons Sunflower  
Oil.  
Salt and Pepper as  
Required.  
One Cup Milk.

#### sauce khardal (mustard)

heat sunflower in a pan on medium heat. add white flour. stir and fry. do not overcook to brown. remove from heat. add the milk and mustard mix, stir well till all solids dissolve, with slight heat if required. continue to heat for water to evaporate as required for a creamy sauce. add salt and pepper as required.





### Sauce Light Brown Soya

3 Tablespoons Of Light Soy Sauce.  
1 Tablespoon White Flour.  
5 Tablespoons Sunflower Oil.  
Salt And Pepper As Required.  
One Tablespoon Sugar.  
Two Tablespoon Lime Or Lemon Juice.  
One Cup Water.

#### sauce light brown soya

mix water with light soy sauce and sugar and lemon juice. stir well.

heat sunflower in a pan on medium heat. add white flour. stir and fry. do not overcook to brown. remove from heat. add the water and light soy sauce mix prepared earlier, stir well till all solids dissolve, with slight heat if required. continue to heat for water to evaporate as required for a creamy sauce. add salt and pepper as required.







**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

**Sauce Sephid (White)**

1 Tablespoon White Flour.  
5 Tablespoons Sunflower  
Oil.  
Salt And Pepper As  
Required.  
One Cup Milk.

**sauce sephid (white)**

heat sunflower in a pan on medium heat. add white flour. stir and fry. do not overcook to brown. remove from heat. add the milk. stir well till all solids dissolve, with slight heat if required. continue to heat for water to evaporate as required for a creamy sauce. add salt and pepper as required.





## Soup Addas (Lentils)

Serving Four.

- 1.
- 5 Cup Of Addas (Lentils).
- Two Medium Carrots.
- Two Medium Potato.
- 2 Full Tablespoons  
Tomato Puree.
- Two Medium Onion.
- 5 Cloves Of Garlic.
- 5 Tablespoon Sunflower  
Oil.
- 1 Tablespoon Tomato  
Puree.
- 1/2 Teaspoon Each Of  
Mixed Advieh (Spice And  
Seasoning); Zireh(Cumin),  
Zarchubeh(Turmeric).
- Salt And Pepper As  
Required.
- One Tablespoons Of  
Vegetarian Gravy Powder,  
Or Oxo Cube.

### soup addas (lentils)

soak addas in warm water, for two hours. drain. transfer to a pot. add water to cover above 2 centimeters. cover and bring to boil. cook for 30 minutes on medium. checking regularly for overspill.

dice into one centimeter pieces, carrots, potatoes, onions, and garlic.

heat sunflower oil on a pot. fry onions till soft. add carrots, stir and mix for one minute. add potatoes. tomato puree, stir and mix. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zireh(cumin), zarchubeh(turmeric), salt and pepper as required. stir and mix. add the addas (lentils) prepared earlier, with remaining water. add about four cups of water to above 2 centimeter of solid contents. cover, bring to boil. add 1 tablespoon tomato puree, stir. continue to heat for 30 minutes. towards the end add one tablespoon of vegetarian gravy powder, or oxo cube. before serving blend some or all if required for right mix of texture.







## Aash Goojeh (Tomato)

Serving Four.  
 2 Cups Of Rice.  
 1/2 Cup Lapeh (Yellow Split Peas).  
 1/2 Kg Herbs; Tareh (Leeks), Jafarii (Parsley), Geshniz (Coriander).  
 One 400 Gram Chopped Tomato Or 1/2 Kg Fresh.  
 2 Tablespoon Tomato Puree.  
 4 Large Onions.  
 One Small Garlic.  
 Two Teaspoon Naanaa,(Dry Mint Leaves).  
 1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning); Zanjebil(Ginger), Zarchubeh(Turmeric).  
 One Teaspoon Zireh(Cumin).  
 Salt And Pepper As Required.  
 100 Sunflower Oil.  
 One Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.

### aash gooje (tomato)

dice onions and garlics to one centimeter pieces. chop the herbs into 1/2 centimeter.

soak lapeh in warm water for two hours. drain, put in a pot with enough water to cover to top of lapeh. cover, bring to boil and cook on medium high heat for 20 minutes till lapeh is soft.

heat 5 tablespoons of sunflower oil in a pot. add half of the onions prepared earlier. add half the garlics prepared earlier. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zanjebil(ginger), zarchubeh(turmeric), one teaspoon zireh(cumin), salt and pepper as required. mix and stir well. add tomato puree. add chopped tomato. mix and stir well. add the lapeh prepared earlier with any remaining water. add the herbs prepared earlier. mix and stir well. add the rice. add about 4 cups of water till covers above 2 centimeter of rice. stir well. cover, bring to boil. cook on medium, stir well, checking regularly for water, add one tablespoons of vegetarian gravy powder, or oxo cube towards end. transfer to serving dish.

add remaining sunflower oil to a pan. heat to medium high. fry rest of the onions. add rest of the garlic, heat and stir well. add little salt. add little zarchubeh(turmeric). add two teaspoon naanaa,(dry mint leaves). stir well for a minute. transfer half to the serving dish with the gooje aash, and serve the rest with the aash on table as side dish.





## Aash Reshteh

Serving Four.

1/2 Cup Garbanzo Beans (Chickpeas).

1/2 Cup Red Beans.

1/2 Cup Addas (Lentils).

One Medium Carrot Or Beetroot.

1 Kg Herbs; Tareh (Leeks), Jafarii (Parsley), Geshniz (Coriander), Esfenaj (Spinach).

2 Large Onions.

1 Medium Garlic.

1/2 Cup Sunflower Oil.

200 Grams Spaghetti.

Salt And Pepper As Required.

1/2 Teaspoon

Zarchubeh(Turmeric).

1/2 Teaspoon Naanaa,

(Dry Mint Leaves).

**VEGETARIAN AND SEAFOOD  
RECIPES FROM PERSIAN COOKING**

### **aash reshteh**

dice the carrot and onions into one centimeter pieces. cut the herbs and garlic to a similar size.

soak the lentils, chickpeas and beans for two hours in warm water. drain and add with carrots into a pot. cook on medium heat, preferably in pressure cooker until all beans are soft.

add 2 liters of water in a pot mix the herbs with water. bring to boil and allow cooking on medium heat for about 15 minutes. add the beans and carrots prepared earlier. add salt and pepper as required. add the spaghetti. add water if required. bring to boil, cook on medium for ten minutes.

add sunflower oil into a pan, heat and add the onions till softer. add garlicks, mix and stir. add 1/2 teaspoon zarchubeh(turmeric), salt and pepper as required. mix and stir well. add 1/2 teaspoon naanaa, (dry mint leaves), mix and stir well. split the roasted fried onion mix into two equal parts. serve half separate at table and add the rest into the pot of aash reshteh.

on the side as well as the roasted fried onions, aash reshteh is consumed with either some yogurt or kashk.







## Tomato Soup

Serving Four.  
 1.5 Cup Of Bulgur  
 (Cracked Whole Wheat  
 Grain).  
 One 400 Gram Tin Of  
 Chopped Tomato, Or 1/2  
 Kg Fresh.  
 2 Full Tablespoons  
 Tomato Puree.  
 One Large Onion.  
 5 Cloves Of Garlic.  
 5 Tablespoon Sunflower  
 Oil.  
 1/2 Teaspoon Each Of  
 Mixed Advieh (Spice And  
 Seasoning); Zireh(Cumin),  
 Zarchubeh(Turmeric).  
 Salt And Pepper As  
 Required.  
 4 Tablespoon Of Lemon  
 Juice.  
 One Tablespoons Of  
 Vegetarian Gravy Powder,  
 Or Oxo Cube.

### tomato soup

soak in cold water bulgur (cracked whole wheat grain).

dice garlic and onions to one centimeter pieces.

heat sunflower oil in a pot. fry onions. add garlic. add 1/2 teaspoon each of mixed advieh (spice and seasoning); zireh(cumin), zarchubeh(turmeric), salt and pepper as required. add tomato puree and stir well. add chopped tomato, mix and stir well. drain bulgur (cracked whole wheat grain) and add to the mix. add 5 cups of water. stir well. cover and bring to boil. cook on medium for 30 minutes. add lemon juice and one tablespoons of vegetarian gravy powder, or oxo cube towards end.





## Aash Maash (Mung Beans)

Serving Four.  
 1.5 Cups Of Maash (Mung Beans) 1.5 Cups Of Rice.  
 1/2 Kg Carrots Or Pumpkin.  
 3/4 Kg Herbs; Tareh (Leeks), Jafarii (Parsley), Geshniz (Coriander), Esfenaj ( Spinach ).  
 2 Large Onions.  
 1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning);  
 Zanjebil(Ginger), Geshniz (Coriander), Zarchubeh(Turmeric).  
 Salt And Pepper As Required.  
 50 Sunflower Oil.  
 One Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.

### **aash maash (mung beans)**

skin carrots or pumpkin and dice to 1.5 centimeter. dice onions to one centimeter. chop herbs to 1/2 centimeter.

heat the sunflower oil in a pan on medium high. add onions and fry till soft. add zanjebil(ginger), geshniz (coriander), zarchubeh(turmeric), pepper as required. stir well. add maash (mung beans), stir and fry for two minutes. gradually add 4 cups of water. stir, allowing the mung beans to sink to bottom. add carrots or pumpkin and herbs prepared earlier. stir well. add rice. add water to cover above two centimeter above rice. cover, bring to boil. heat on medium for about 30 minutes till maash (mung beans) are soft. add salt, stir well. add one tablespoons of vegetarian gravy powder, or oxo cube, continue to cook for another five minutes.







## Soup Mushroom

Serving Four.  
 250 Grams Mushroom.  
 One Medium Potato.  
 One Large Onion.  
 4 Cloves Of Garlic.  
 One Medium Carrot.  
 1/2 Cup Of Addas (Lentils).  
 1 Tablespoon Tomato Puree.  
 4 Tablespoons Of Sunflower Oil.  
 Salt And Pepper As Required.  
 1/2 Teaspoon Zarchubeh(Turmeric).  
 1 Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.

### soup mushroom

cut the mushrooms, potatoes, onions, garlic and carrots into small pieces of about 3 centimeters. soak addas in warm water for about two hours. drain and cook on medium heat with water covering to above one centimeter. cover and cook for 30 minutes.

heat sunflower oil in a larger pot on high medium, add the vegetables prepared earlier. stir for about five minutes then add tomato puree. stir well. add the addas prepared earlier with its remaining water. add enough water to cover to above 2 centimeters' of the contents. cover and bring to boil. reduce heat to medium for 10 minutes. allow to cool and transfer to blender for mashing. return to pot, and heat on medium high. add water as required for taste. bring to boil and add one tablepoons of vegetarian gravy powder, or oxo cube.stir well. let simmer for one minute and serve.





## Soup Reshteh

Serving Four.  
 150 Gram Noodles Or Spaghetti.  
 Two Medium Carrots.  
 One Large Onion.  
 5 Cloves Of Garlic.  
 1/2 Cup Of Frozen Green Beans.  
 1/2 Cup Of Frozen Garden Peas.  
 100 Gram Mushroom.  
 1 Tablespoon Tomato Puree.  
 400 Gram Tin Of Chopped Tomato.  
 5 Tablespoon Sunflower Oil.  
 1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning); Zireh(Cumin), Zarchubeh(Turmeric).  
 Salt And Pepper As Required.  
 1 Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.

### soup reshteh

cut the beans to same size as the peas. dice mushrooms, carrots, onions and garlic to similar sizes.

add sunflower oil to a pot and heat on high medium. fry onions and garlic stir. add advieh (spice and seasoning); zireh(cumin), zarchubeh(turmeric), salt and pepper as required.stir well. add vegetables prepared earlier, carrots, mushrooms, beans, peas. stir well and mix. add tomato puree then chopped tomatoes. mix and stir well. add about 6 cups of water, cover and bring to boil. allow 20 minutes for cooking. add the noodles or spaghetti into boiling vegetables. allow cooking for another 10 minutes. checking regularly for water. add 1 tablespoons of vegetarian gravy powder, or oxo cube and stir well.







## Vegetable Soup

Serving Four.  
 Two Medium Carrots.  
 One Large Onion.  
 5 Cloves Of Garlic.  
 1/2 Cup Of Frozen Green Beans.  
 1/2 Cup Of Frozen Garden Peas.  
 1/2 Cup Of Frozen Corn.  
 100 Gram Mushroom.  
 1 Tablespoon Tomato Puree.  
 400 Gram Tin Of Chopped Tomato.  
 5 Tablespoon Sunflower Oil.  
 1/2 Teaspoon Each Of Mixed Advieh (Spice And Seasoning); Zireh(Cumin), Zarchubeh(Turmeric).  
 Salt And Pepper As Required.  
 1 Tablespoons Of Vegetarian Gravy Powder, Or Oxo Cube.

### vegetable soup

cut the beans to same size as the peas and corn. dice mushrooms, carrots, onions and garlic to similar sizes.

add sunflower oil to a pot and heat on high medium. fry onions and garlic stir. add advieh (spice and seasoning); zireh(cumin), zarchubeh(turmeric), salt and pepper as required.stir well. add vegetables prepared earlier, carrots, mushrooms, beans, peas, corn. stir well and mix. add tomato puree then chopped tomatoes. mix and stir well. add about 6 cups of water, cover and bring to boil. allow 30 minutes for cooking, checking regularly for water. add 1 tablespoons of vegetarian gravy powder, or oxo cube and stir well.



## Rejoinder

Next to the door was a small stage, where a beautiful old black lady, Merle, sat at her piano and sang "Rainy Night in Georgia." Three long rows of tables ran to the front and stopped next to the stage. The tables were half full, and a waitress in the back poured beer from a pitcher and motioned for them to come on in. She seated them in the rear, at a small table with a red-checkered tablecloth.

"Y'all want some fried dill pickles, honey?" she asked Jake.

"Yes! Two orders."

Ellen frowned and looked at Jake. "Fried dill pickles?"

"Yes, of course. They don't serve them in Boston?"

"Do you people fry everything?"

"Everything that's worth eating. If you don't like them, I'll eat them."

### *Fried Dill Pickles:*

*Preheat your deep-fryer to 375 degrees F.*

*Into an 8 by 8-inch casserole dish, beat together milk, egg, cayenne, and a splash of the pickle juice.*

*Combine the cornmeal, flour, paprika, salt, pepper, and dill into another baking dish.*



*Thoroughly dry the pickles with paper towels. Dredge first through the wet, then the dry ingredients. Gently place pickles into the deep-fryer in batches and fry until golden brown, about 2/1 1 to 2 minutes. Remove to a paper towel lined sheet tray and immediately season with salt.*

Ellen approached a fried dill pickle with her fork and played with it suspiciously. She cut it in half, pierced it with the fork, and sniffed it carefully. She put it in her mouth and chewed slowly. She swallowed, then pushed her pile of pickles across the table toward Jake.

"Typical yankee," he said. "I don't understand you, Row Ark. You don't like fried dill pickles, you're attractive, very bright, you could go to work with any blue-chip law firm in the country for megabucks, yet you want to spend your career losing sleep over cutthroat murderers who are on death row and about to get their just rewards. What makes you tick, Row Ark?"

...



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