

Al Hafla Recipes

PERSIAN SALAD

½ Head Romaine Lettuce
½ Bunch Italian Parsley
½ Bunch Cilantro
1 Bunch Mint (spearmint)
8 Thin Style Pita Breads
4 - 8 oz Feta Cheese or Panir or Queso Fresca, cut into 1 inch cubes

DRESSING

Juice of 1 Lemon
1 Cup Sugar
1/3 Cup White Vinegar
1/3 Cup Water
2 tbsp Dried Mint Flakes (spearmint)

Wash and dry greens and herbs. Remove any herbs that are not in good condition.

Boil ingredients for dressing until sugar dissolves. Add more sugar or more vinegar to taste. Strain and cool.

Serve dressing in small bowl in middle of platter, surrounded by greens, bread and cheese. Dip greens and herbs in dressing and wrap in bread with chunks of cheese.

Al Hafla Recipes

PERSIAN GRAPE LEAVES

Prepared Canned Stuffed Vegetarian Grape Leaves

Juice of 1 Lemon

1 Cup Sugar

1/3 Cup White Vinegar

1/3 Cup Water

2 Tbsp Dried Mint Flakes (spearmint)

1 Tsp Turmeric

2 Tsp Minced Garlic

Boil all ingredients (except grape leaves) until sugar dissolves. Adjust amount of vinegar to taste (should be fairly tart).

Arrange grape leaves in 1 or 2 layers in baking dish, being careful not to break them. Strain and pour mint sauce over grape leaves. Cover with foil and bake at 350 for 30 minutes, or until grape leaves are hot. Remove from pan and serve on platter. Discard sauce.

Al Hafla Recipes

TORSHI (PICKLES)

1 Can or Jar of Giardinara
½ Head of Cauliflower
½ lb Mini Eggplants
1 tbsp Minced Garlic
2 – 3 tbsp Chopped Fresh Cilantro
2 – 3 tbsp Chopped Fresh Dill
½ tsp Ground Cumin
½ tsp Angelica
1 tsp Ground Coriander
¼ tsp Cinnamon
Vinegar to taste

Break head of cauliflower into bite size chunks. If eggplants are smaller than 3 inches long, cut them in half, otherwise cut them into 2 inch cubes. Parboil both separately.

While still hot, toss with remaining ingredients and let the flavor steep for 30 minutes before refrigerating. If needed, add a little vinegar.

Al Hafla Recipes

JEWELLED RICE

1 lb of Aged Basmati Rice
1 Stick of Butter, melted
½ tsp Dried persian Rose Petals, crushed to powder
½ tsp Cinnamon
½ tsp Ground Cardamom
1 tbsp Ground Cumin
1 tsp Saffron, crushed and dissolved in ¾ cup hot water

Peel of 2 oranges, pith removed and peel slivered
½ lb Carrots, peeled and cut into thin sticks
1 cup sugar

1 onion thinly sliced
1 can dark cherries in syrup
½ cup white vinegar
1 cup sugar
3 cloves
1 cinnamon stick

1 cup raisins
½ cup slivered, blanched almonds

Mix 1st four spices together. (not the saffron)

Wash rice in lukewarm water until water is clear. Cover with 3 inches of water and soak for 2 hours. Drain rice. Add rice to enough boiling water that rice can float freely and cook like pasta. Boil rice for 12 – 15 minutes until tender. Drain rice. Return rice to heavy saucepan with tight lid. Pile rice into cone shape and sprinkle with ground spices. Pour saffron water and melted butter over pile of rice. Cover tightly and cook over medium heat for 20 minutes to form crust on bottom. Turn heat to low and steam for 20 – 30 minutes more.

While rice is cooking, boil orange peel for 10 minutes in a quart of water. Drain orange peel and discard water. Add carrots to orange peel in sauce pan along with 1 cup sugar and barely enough water to cover. Simmer for 15 to 20 minutes until sugar is dissolved and carrots are soft. Drain and discard sugar water.

Saute onions until lightly browned.

Boil cherries (and the fluid they are packed in) with 1 cup sugar, the vinegar and spices for about 20 minutes until the syrup is somewhat reduced and the spices

are infused. Drain cherries and reserve syrup for another use. Remove whole spices from cherries and stir in the sauted onions.

Plump raisins in microwave (in a little water)

Remove rice from heat and allow to cool for 15 minutes without removing lid. This helps the crust on the bottom to separate from the pan.

Arrange $\frac{1}{2}$ the rice on platter and top with orange peel and carrots. Arrange remaining rice on top of carrot mixture and top with cherries.

Sprinkle with slivered almonds and arrange raisins in a circle around the platter of rice.

Remove crust of rice from bottom of pan and break into chunks. Place chunks decoratively around the edge of platter.

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ORANGE CHICKEN

3 tsp minced garlic
2 or 3 medium onions, thinly sliced
3 lbs chicken parts, bone in and skin on
1 tsp black pepper
1 tsp cinnamon
1 tsp turmeric
Juice of 1 orange
1 orange thinly sliced

Wilt onions in a little oil and then add garlic and chicken. Brown chicken. Add the spices and cook for 2 more minutes.

Add the orange juice and orange slices and sugar. Cover and cook for 35 – 45 minutes more until chicken is cooked through.

Serve with jeweled rice or saffron rice.

Al Hafla Recipes

GREEN BEAN KUKU (PERSIAN QUICHE)

1 lb frozen green beans
2 large onions, thinly sliced
2 tsp minced garlic
8 eggs
1 tbsp flour
1 tsp baking powder
½ tsp salt
½ tsp black pepper
1 stick butter
½ bunch dill, finely chopped

Boil green beans until tender. Drain and mash or chop.

Lightly brown onions in a little oil and then add garlic and cook for 2 minutes more. Add to beans.

Put ½ stick butter in an 8 or 9 inch baking pan and heat in oven until butter is melted.

Mix eggs with dry ingredients and beat until slightly foamy. Stir in beans gradually (if beans are too hot or added too quickly, it will curdle the eggs)

Put egg and bean mixture in baking pan on top of melted butter. Bake for 20 minutes. Melt remaining butter and pour over top of kuku. Cook for 20 minutes more until golden brown and slightly puffed. Serve hot, warm or cold.

This is a traditional picnic food.

Al Hafla Recipes

TABRIZ MEATBALLS

2 lbs ground beef
3 medium onions grated or processed to mush
¾ tsp salt
½ tsp turmeric
1 tsp black pepper
½ tsp ground cloves
6 oz yellow split peas, cooked and mashed
1 raw egg

3 hardboiled eggs (shelled)
6 soft dried prunes
4 oz slivered, blanched almonds

1 package onion soup mix

Stir spices into the onion mush. Mix onions, peas and meat. After meat has absorbed the onions, add one raw egg and mix until well combined.

Form into one meatloaf or 3 large meatballs. Make a hollow in the center and add the eggs, prunes and nuts. Cover over the hollow so the filling is entirely surrounded by the meat mixture.

Spray baking dish with non-stick cooking spray. Turn meat loaf or meatballs upside down in baking dish. Add the onion soup mix and enough water to go 2/3 of the way up the dish. Put in 350 oven and bake for 45 minutes.

Al Hafla Recipes

CREAMED SPINACH w LEEKS

½ pound of onions, thinly sliced

2 tsp minced garlic

16 –20 ozs frozen spinach

½ bunch Chinese leeks, minced (Chinese leeks look like long, flat chives.

Sometimes they have buds on the tip and then they are called chive blossoms.

They are rather strong. Chives, scallions or leeks may be substituted)

¼ cupped chopped fresh cilantro (or 2 tbsp dried cilantro)

1 or 2 tbsps lemon juice

½ cup heavy cream

Saute onions in a little oil until soft and then add the garlic and cook for a minute more. Add the leeks and spices and cook until onions start to turn golden. Add cilantro and spinach (add a little more oil if needed) and cook over low heat until the water evaporates.

Add lemon juice and cook 2 minutes. Stir in cream and heat until just warm.

Al Hafla Recipes

PUMPKIN WITH CHEESE SAUCE

- 1 large butternut squash (or equivalent winter squash)
- 1 cup laban (or 2 cups whole milk yogurt drained for 3 hours)
- 2 oz grated romano cheese
- 4 oz grated sharp white cheddar
- 1 tsp garlic

Peel and slice squash in 1 inch thick slices. (remove pulp & seeds). Boil until just barely tender.

Heat the laban or yogurt and whisk in cheeses and garlic, stirring constantly to prevent burning. Heat and stir until mostly smooth. Add water if needed, to make consistency in between cream and mayonnaise.

Put squash on platter and top with cheese sauce. Serve lamb sauce on top of cheese.

NOTE: This cheese sauce imitates a fermented, dried yogurt product called Qu'root. If you can find that, it is reconstituted by grinding with warm water in a large corrugated ceramic mortar.

LAMB SAUCE

- 1 lb ground lamb
- 2 medium onions, thinly sliced
- 1 tbsp minced garlic
- 1 tbsp ground coriander
- 1 tbsp cumin
- 1 tbsp minced ginger
- 1 tbsp turmeric
- 2 tbsp tamarind paste
- 1 tsp black pepper
- 4 tbsp sugar
- ¼ cup white vinegar

Brown onions in a little oil. Add garlic and cook for a minute. Add meat and brown. (do not drain fat unless it is very excessive) Add spices and cook for 2 minutes.

Add 1 cup water and simmer for 30 minutes. Add sugar and vinegar. Add more sugar or vinegar to taste. Serve over Pumpkin with cheese sauce.

Al Hafla Recipes

LEMON SHARBAT

Juice of 2 lemons
Zest of one lemon, grated
2 cups sugar
4 tbsp white vinegar
water as needed

Boil ingredients until sugar dissolves. (add water if needed, maybe a few tbsp or so). Strain zest from syrup if desired.

Serve over snow or shaved ice along with commercial rose syrup.