

Persian menu additions:

Potatoes with dill and lemon

Iranians eat potatoes as a snack (like pretzels from carts in NYC) and they appear in a lot of dishes. Here's a simple way to highlight the flavours of new potatoes. Use agria or waxy small potatoes.

1 kilo potatoes

¼ cup olive oil

1 tsp lemon zest

¼ cup lemon juice

Fresh dill, chopped

2 cloves garlic, chopped

¼ tsp turmeric

Salt and pepper

Method:

1. Parboil the potatoes, cool and set aside. Chop into bite size pieces.
2. Whisk all the other ingredients together and dress the potatoes with it. Serve room temperature or slightly warm.



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Chickpea and Almond Flour icebox cookies

Traditionally these are punched out with a shamrock-shaped cookie cutter. The dough can be made ahead and chilled in the fridge for up to 3 days.

Ingredients:

½ cup unsalted butter, at room temperature

½ cup organic cane sugar

1 tsp rose water

½ cup plus 3 T chickpea flour

½ cup plus 3 T almond flour

1 tsp ground cardamon

½ tsp ground cinnamon

¼ tsp sea salt

Method:

1. Cream together butter and sugar.
2. Beat in rose water
3. In a separate bowl, combine flours and spices, then add to the butter mixture until just combined.
4. Turn the dough out onto plastic wrap and press into a disk. Wrap and chill in the freezer for 30 minutes (OR: if you wish to use cookie cutters, leave in the fridge an extra 2 hours, then roll out and ignore step 5)
5. Remove dough from freezer, unwrap and roll into a log approximately 10 inches in length and 1 ½ inches in diameter. Chill in fridge for 2 hours.
6. Preheat oven to 175c. Line a baking tray with baking paper and place the cookies (either cut out or sliced from the dough log) on the tray 1 inch apart.
7. Bake until the just golden, about 15 minutes. Let cool for 5 minutes then transfer to cooling rack.
8. For added colour, sieve raspberry powder on them.



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Nutty chocolate bark with cardamom and coffee

Ingredients:

2 cups 72% chocolate chips or pieces

1 tsp ground cardamom

1/4 cup dried mulberries or cranberries

3/4 cup toasted almonds or pistachios, chopped

2 tsp coffee beans, chopped (I used a spice grinder)

Pinch of flaky salt

Method:

1. Grease a baking sheet and line with parchment paper.
2. Melt chocolate in a large stainless steel bowl over a simmering pot of water.
3. Add cardamom and stir till combined.
4. Turn off heat and add half through fruits and nuts.
5. Pour the mix onto prepared sheet.
6. With an offset spatula, spread the chocolate in a wide rectangle about .6 cm thick.
7. Sprinkle with remaining nuts, fruit and coffee beans and press gently into chocolate.
8. Dust with salt.
9. Cool in fridge for about 2 hours, until hard (or speed up in freezer); then slide it onto a chopping board and cut or break into pieces
Keep refrigerated in warm weather until serving because the chocolate gets soft quickly.



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Tamarind and Date chutney

Ingredients:

1 cup tamarind concentrate
1/3 cup freshly squeezed lime juice
2 T sumac
1 tsp sea salt
2 cloves garlic
1-inch piece ginger, minced
½ tsp ground cinnamon
450 g dates

Method:

In large bowl, whisk tamarind with lime juice, salt, garlic, ginger and cinnamon. Add dates and toss well. Transfer to a clean glass jar and add more lime juice if needed to cover dates. Seal and store in the fridge, shaking every few days. This will be ready to eat in 6 weeks and will last for 6 months in the fridge. (Note: there are quicker versions if you google Persian tamarind and date chutney that use the same ingredients and the chutney sits outside the fridge, in a pantry, for about ten days)

Wendy's Persian Spice mix (advieh)

2 T cumin seed
½ tsp black pepper
½ tsp star anise
½ tsp saffron
½ tsp turmeric
1.5 T coriander powder
1 T cinnamon
1.5 T dried ginger powder

½ T cardamon powder



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