

MAHBOOK

Persian Recipes for Cooking Artists

Vol. 3

Desserts

by
Mahzad





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Persian Receptions for Cooking Artists

Vol. 3

Desserts

Receptions and Photos by
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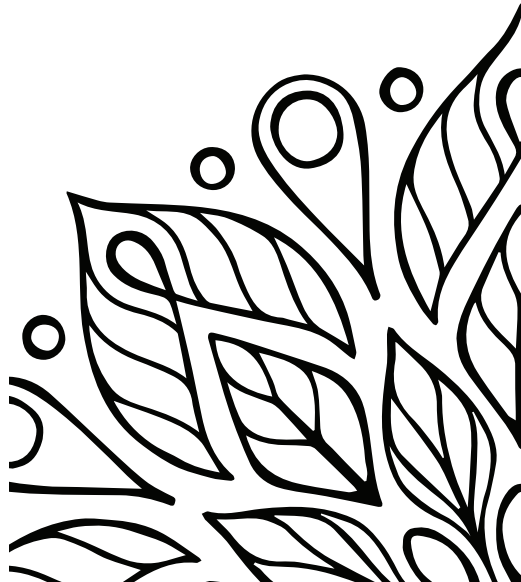
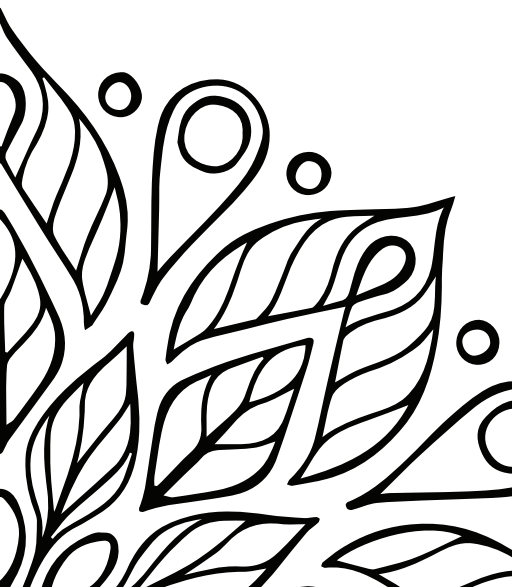


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Apple Cinnamon Cake

Instructions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x5-inch loaf pan.
- Mix brown sugar and cinnamon together in a bowl.
- Beat white sugar and butter together in a bowl using an electric mixer until smooth and creamy. Beat in eggs, 1 at a time, until incorporated; add vanilla extract.
- Combine flour and baking powder together in a bowl; stir into creamed butter mixture. Mix milk into batter until smooth. Pour half the batter into the prepared loaf pan; add half the apples and half the brown sugar mixture. Lightly pat apple mixture into batter. Pour the remaining batter over apple layer; top with remaining apples and brown sugar mixture. Lightly pat apples into batter; swirl brown sugar mixture through apples using a finger or spoon.
- Bake in the preheated oven until a toothpick inserted in the center of the loaf comes out clean, 30 to 40 minutes.

Ingredients

- 1/3 cup brown sugar
- 1 teaspoon ground cinnamon
- 2/3 cup white sugar
- 1/2 cup butter, softened
- 2 eggs
- 1 1/2 teaspoons vanilla extract
- 1 1/2 cups all-purpose flour
- 1 3/4 teaspoons baking powder
- 1/2 cup milk
- 1 apple, peeled and chopped

Notes

- Reynolds® Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Tips

- Per Serving: 208 calories; 8.9 g fat; 29.5 g carbohydrates; 3.1 g protein; 52 mg cholesterol; 143 mg sodium.



Chickpea Cookie

(*Nan-e Nokhodchi*)

Instructions

- Combine the oil, sugar, cardamom and rose water in bowl. Using a hand mixer, mix on medium for 2-3 minutes until light and creamy.
- Sift chickpea flour into the bowl and beat on low for 1 minute until the dough is no longer sticky.
- Dust your work surface with some chickpea flour and knead the dough for 10 minutes until it is more workable. The dough is very crumbly.
- Wrap tightly in plastic wrap and set aside for 2 hours. Do not refrigerate.
- Preheat oven to 300 F and line baking tray with parchment paper.
- Roll out the dough on a dusted work surface until it is 3/4-inch thick. Cut out cookies using a 1-inch clover-shaped cookie cutter and place the cookies on the baking tray, spaced 1 inch apart. Re-roll and repeat until all the dough is used up.
- Sprinkle chopped pistachios on top of each cookie.
- Place cooking tray in middle rack and bake for 15 to 20 minutes, until the cookies turn a light golden color.
- Remove cookies from oven and let it cool on tray for a few minutes. Then carefully transfer to a wire rack to cool completely. Be careful when you transfer the cookies as they crumble very easily.

Ingredients

- 1/2 cup vegetable oil
- 3/4 cup confectioners' sugar, sifted
- 1 teaspoon finely ground cardamom
- 1/2 tablespoon rose water
- 1 and 3/4 cups fine chickpea flour
- 2-3 tablespoons chopped or ground pistachios

Notes

- Store the cookies in an airtight container for up to 4 days or in the freezer for up to 1 month.

Tips

- Chickpea flour can be found at your local Middle Eastern or Mediterranean food market, specialty food stores, or online.
- Rose water can be found at your local Middle Eastern food market or online.



Qottab Pastry

Instructions

- In a large bowl, add the vegetable oil, yogurt and egg yolks and stir together until fully combined.
- In another bowl, combine the flour and baking powder. Sift the dry ingredients slowly to the large bowl, whisking continuously.
- Once your batter forms a soft and sticky dough, knead for a few minutes. Cover the bowl with plastic wrap and set aside for 2 hours (at room temperature).

Make the filling

- Grind the almonds and walnuts in a food processor or blender. Add the cardamom, cinnamon and sugar and continue to blend.
- Roll out the dough very thin, almost paper-like, at about 1/16 inch thick on a well-floured surface. Using a round 2-inch cookie cutter, cut out circular shapes.
- Add 1 and 1/2 teaspoon of the almond/walnut filling onto the center. Fold over to form half-circle shape. Press down on the edges and roll them over to seal or seal them using a fork and make mini impressions onto the seal. Repeat with all the dough.
- Fill up a pot about 2 inches of vegetable oil and heat on medium. Deep fry the crescents, one by one. It will only take a few seconds until the crescents brown. Do not overcook or they will burn. Place the cooked crescents onto paper towels to remove any excess oil.
- In a small plate, pour out some Confectioners' sugar. Dip the cooked crescents into the sugar while they are still hot, but cool enough to handle, or the Confectioners' sugar will not stick on properly. Place on a tray and allow it to cool completely.

Ingredients

- 1/3 cup vegetable oil
- 1/3 cup plain yogurt
- 2 egg yolks
- 1 and 1/3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 cup Confectioners' sugar

For the filling:

- 1/2 cup almonds
- 1/4 cup walnuts
- 1/4 teaspoon ground cardamom
- 1/2 teaspoon ground cinnamon
- 1/4 cup granulated sugar



Napoleon Cake

Instructions

Make Quick Puff Pastry

- Whisk together eggs and salt, stir in cold water, 2 tablespoon vinegar & 3 tablespoons vodka.
- Add flour to the cup of your food processor. Add cold, cubed butter and pulse or process until the crumbs are pea size.
- Add the egg mixture into the flour mixture and continue processing until the dough starts sticking to itself a bit, but is not formed yet.
- Pour the content of the food processor bowl onto work surface and start gathering and sticking the dough together with your hands, trying to work it as little as possible. Form a ball and kneed it for a couple of seconds until a dough forms. Do not work with it too much, not to melt the butter with the warmth of your hands.
- Shape the dough into a log and then cut it into 4 equal pieces. Roll each piece into a ball, cover with plastic wrap and refrigerate for 1-2 hours.

Work on the custard

- Combine egg yolks & sugar in a bowl and whisk them together, adding 50 milliliters of milk to make it easier.
- Add the flour and whisk again, forming a very uniform, lump-free batter. Add another 50 milliliters of milk to make it easier.
- Heat the remaining milk in a pot until boiling, all the while stirring to keep the bottom from scorching.
- Transfer the egg & flour mixture into a larger pot (about 3 quarts).
- Tamper the egg yolk mixture by slowly pouring the hot milk in, all the while mixing.
- Pour the mixture back into the pot and bring it to boil over medium heat, continuously (!!) stirring and keeping the bottom of the pot from scorching. Once boiling, cook for 2-3 minutes.
- Add vanilla extract & stir. Add butter, allow to melt and stir to form a smooth custard.
- If your custard had clumps, run it through a fine sieve or pulse it with an immersion blender (handheld) until smooth.

Ingredients

Quick Puff Pastry

- 400 g. butter cold
- 2 eggs
- 150 ml water cold
- 6 cups sifted all-purpose flour
- 650 g or 4 1/2 cups un-sifted all-purpose flour
- 3 tbsp vodka/cognac (omit, if cannot use)
- 1 tbsp vinegar 9%
- Pinch of Salt
- Egg Yolk Custard

Custard

- 7 egg yolks
- 6 cups milk
- 1 1/2 - 2 1/4 cup sugar
- 1 tbsp vanilla extract
- 1 cup all-purpose flour sifted
- 150-200 g butter I added 400



Rice Cookie

(Nan-e Berenji)

Instructions

- In a large bowl, mix together the oil and sugar with a hand mixer on medium speed for 1-2 minutes.
- Add egg yolk and mix for another 20-30 seconds.
- Sift in the rice flour, in three batches. Using a spatula, fold in the flour into mixture after each batch is added.
- Add the rose water.
- Knead the mixture for 5-10 minutes. Shape into a ball and wrap tightly with plastic wrap and place in the refrigerator overnight.
- Preheat oven to 325 F and line baking sheet with parchment paper.
- Roll dough into small 1-inch balls and flatten the cookie into a small disc. Repair any cracks on the edges and place on baking sheet.
- Using the curve of a small teaspoon make overlapping arch-shaped indentation marks on the top. Sprinkle with poppy seeds.
- Bake for 20-25 minutes until the bottom and edges begins to turn a light golden color.
- Let completely cool before carefully removing from baking tray.

Ingredients

- 1/2 cup vegetable oil
- 3/4 cup confectioners' sugar
- 1 egg yolk
- 2 cups fine rice flour
- 1/4 cup rose water
- 1-2 tablespoons poppy seeds



Thumbprint Cookie

(Oskar)

Instructions

- Heat up the oven to 338°F.
- Mix sifted sugar and butter till the mixture's color gets white.
- Add egg yolks to the mixture and mix it again.
- Add ground cardamom and flour and mix them all till the ingredients get mixed completely.
- Whip the egg whites in a separate container.
- Divide the ready dough in size of a full teaspoon and float them one by one in the whipped egg whites.
- Roll the smeared doughs in chopped walnuts.
- Place the ready doughs in a cooking tray and bake for 20 to 30 minutes.
- Remove cookies from oven and let them cool on tray for a few minutes. Then roll them in the remained sifted sugar.

Ingredients

- 2 egg yolks
- 2 egg whites
- 1 cup butter
- 2 cups flour
- 1 cup sifted sugar
- 1 teaspoon finely ground cardamom
- 2 cups chopped walnut

Notes

- You can have 45 cookies out of the mentioned amount of dough.

THE END



