

# MAHBOOK

Persian Recipes for Cooking Artists

Vol. 2

## Main Courses

by  
Mahzad





# MAHBOOK

Persian Receptions for Cooking Artists

Vol. 2

## Main Courses

Receptions and Photos by  
Mahzad

Designed by  
Ehsan Nezhad Soleimani



Copyright © 2019 by Mahzad

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Printed in the United States of America

First Printing: 2019

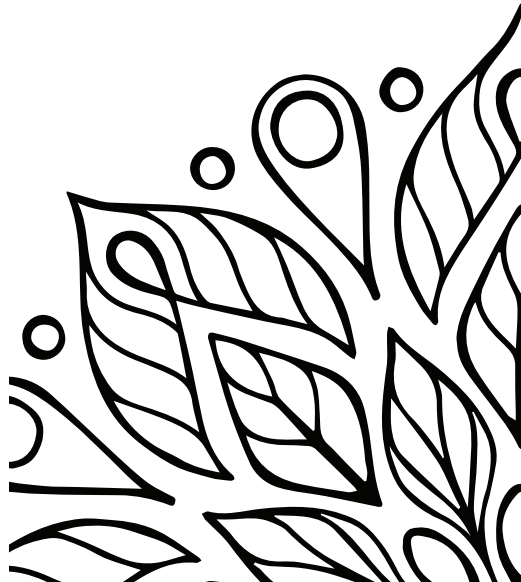
ISBN 0-9000000-0-0

Ehsan N. Press Co.

100 Fountainhead

Irvine, CA 92618

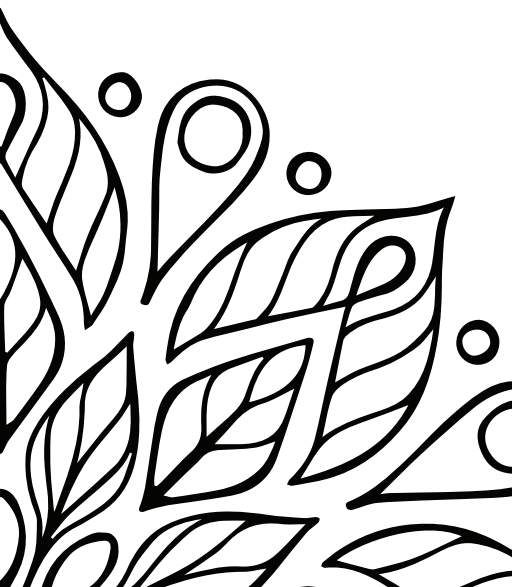
[www.ehsanpress.com](http://www.ehsanpress.com)





# Table of Contents

<i>Beef and Green Bean Rice ...</i>	<i>6</i>
<i>Eggplant Stew .....</i>	<i>8</i>
<i>Ghormeh Sabzi .....</i>	<i>10</i>
<i>Minced Meat Kebab .....</i>	<i>12</i>
<i>Sour Cherry Rice .....</i>	<i>14</i>
<i>Yellow Split Peas Stew .....</i>	<i>16</i>





# Beef and Green Bean Rice

(Loobia Polo)

## Instructions

- Add ground beef to a large pot and thoroughly mix in the pureed onion. Mix in salt, pepper, and turmeric. Don't be shy with the seasoning. Put the pot on medium heat. Using a spatula, break up the beef into small pieces. The beef will release some of its own liquid as it's cooking. When this liquid has evaporated, cook for 2 more minutes, mixing around to give the beef a bit of a sauté. Add tomato paste to beef mixture and mix for another 2 minutes before removing from the heat.
- Place green beans on stovetop in another pan on medium-low with lid on. After 10 min, add 2 tbsp olive oil and mix them around for a couple minutes until the color deepens just a bit to give a light sauté. Remove from heat. Add the green beans to the pot containing the beef.
- Add enough olive oil to cover the bottom of the pan used to cook the green beans. Turn heat to high and add the chopped onion. Mix around to fry the onion until it browns (about 5-10 min). Turn off the heat and tilt the pan to drain away the oil to one side of the pan. This oil can then be discarded.
- Mix together beef mixture, fried onion, green beans, and cinnamon in the large pot on medium heat. Add more salt and/or pepper if needed.
- (Tahdig) into large pieces and serve alongside the dish for a crunchy treat. If you like, this meal may be accompanied by salad, pickled vegetables (Torshi), yogurt, and/or herbs (sabzi khordan) such as radish, green onion, cilantro, basil, etc.

## Ingredients

- 2 lbs lean ground beef
- 1 ½ tbsp turmeric
- 2 large onions, 1 should be pureed using a food processor or box grater, and 1 should be chopped
- 8 heaping tbsp tomato paste
- 2 lbs fresh or frozen green beans (Sometimes the fresh ones have the stringy fibrous bit that should be removed. Also, if you're using fresh green beans, wash and cut them into thirds.)
- 2 tbsp extra virgin olive oil, plus enough to cover the bottom of a large pot for the Tahdig (crispy rice), plus enough to cover the bottom of a pan for onions
- 2 tbsp butter (or extra virgin olive oil)
- 1 heaping tbsp cinnamon
- 3 cups of uncooked basmati rice
- ½ tsp ground saffron mixed into ½ cup hot water
- salt and pepper to taste







# Eggplant Stew

(*Khoresh Bademjan*)

## Instructions

- Add the cubed beef, water, turmeric powder, ground black pepper, and the onion half to a medium stockpot. Bring it to a boil, then reduce the heat to medium low (must maintain a slow boil) and cook covered for 1-1 ½ hours, or until the beef is fork tender. Discard the onion. As an alternative method, if you own a pressure cooker, you may follow your owner's manual for safety instructions and cook the above ingredients in the pressure cooker for 15 minutes after the pressure regulator starts to rattle. Discard the onion and proceed with the rest of the recipe.
- Meanwhile bake the eggplants in a preheated oven according to the Baked Eggplant instructions on the How-To section of my blog.
- At the same time heat 3 TBSP vegetable oil in a 12-inch nonstick skillet and fry the thinly sliced onions over medium heat until golden brown.
- Add 3 TBSP tomato paste to the fried onions and saute over medium low heat for 5 minutes until aromatic.
- Add the broth of the cooked beef and 1 tsp kosher salt to the skillet and stir to incorporate with the onion mixture and bring it to a boil to make a sauce.
- Add the cooked beef, baked eggplants, sour grapes, and the optional saffron to the skillet and bring it to another boil. There should be about 1½ inches of sauce in the skillet, add extra water if needed but only in small amounts so the sauce is not watered down. Reduce the heat to medium low and simmer for 45 minutes to an hour until the sauce has thickened and the beef and eggplants are very tender. Adjust salt to taste.

## Notes

- Fresh sour grapes are sold in the Middle Eastern markets in early summer for a few short weeks and keep well in the freezer for months. Pickled sour grapes and sour grape juice can also be purchased at Middle Eastern markets.
- You may substitute dried Persian lime (Limoo Amani) or fresh lemon juice or sour grape juice for sour grapes. This stew tastes best when it is on the tart side and you may adjust it to your taste by adding more or less of these sour ingredients.

## Ingredients

- 1 pound cross rib roast or any similar beef, cubed
- ½ large onion, leave whole
- 1 tsp turmeric powder
- ½ tsp ground black pepper
- 3 cups water
- 1 large onion sliced thin and fried to golden brown in 3 TBSP vegetable oil (4 ounces fried onions)
- 3 TBSP tomato paste
- 7-10 medium Indian eggplants, peeled and baked (follow instructions for Baked Eggplant) or 5-6 medium Italian eggplants
- 1 cup frozen sour grapes (Do not thaw). May substitute with fresh or pickled sour grapes (drained), 4 crushed dried Persian lime (Limoo Amani), or 3-4 TBSP fresh lime, or lemon juice, or sour grape juice.
- 1 tsp kosher salt
- ½ tsp saffron powder (optional)



# Ghormeh Sabzi

## Instructions

- Wash the herbs in a large bowl, then dry and chop finely.
- In a large skillet, heat 4 tablespoons vegetable oil over medium heat and sauté the fresh herbs for about 15 minutes, while stirring occasionally. Set aside.
- In a large pot, sauté the chopped onions in 2 tablespoons of oil for about 10 minutes, until golden brown.
- Add the meat, turmeric, salt, pepper to the onions and fry for about 6 to 8 minutes.
- Add the soaked dried beans, the fried herbs and the black limes.
- Cover with water and bring to a boil on high heat. Then, lower the heat, cover and simmer on low to medium heat for about 2 hours.
- Taste and add salt or pepper if needed. Add water and continue to simmer if the meat is not tender enough.
- Serve over Persian steamed rice.

## Ingredients

- 2 lb lamb or beef stew meat , cubed
- 1 cup red kidney beans ,soaked overnight
- 1 onion , finely chopped
- 4 bunches parsley
- 1 bunch cilantro
- 4 scallions (green stems only)
- 1 tablespoon dried fenugreek (or 1 bunch fresh fenugreek)
- 4 dried black Persian limes (Limoo Amani) , or 4 tablespoons lemon juice
- 1 tablespoon turmeric
- Vegetable oil
- Salt
- Pepper





# Minced Meat Kebab

(Kabob Koobideh)

## Instructions

### Make the Kabob Mixture

- Peel the onion and grate it using a box grater and squeeze out the juices. Save the juices for later.
- Combine the ground meat, grated onion, salt, pepper and turmeric in a mixing bowl. Knead the mixture for about 5 minutes into a cohesive pasty dough-like mass that can be molded and will not drop off easily.
- The kabob mixture should neither be too wet nor too compact. Make sure that the meat has no extra juices before adding to the mixing bowl. Tip: Freshly ground meat works great.
- Set the kabob mixture aside.

### Shape the Kabobs

- Divide the kabob mixture into 8 portions. Dampen your hands with the saved onion juice or plain water.
- Take a portion of the mixture and roll it into an oval sausage shape of 4 to 5 inches.
- Holding it in one hand, press the thin edge of the sword-like skewer into the lump, simultaneously wrapping the meat around the middle section of the skewer by squeezing it all around.
- Continue to squeeze the meat gently unto the skewer, gradually spreading and molding it into a 7 to 8 inches long kabob that is snugly and evenly held all around the skewer. The kabob thickness should be about 2/3 inch.
- Using your thumb and index finger press indentations that are spaced about an inch apart. Alternatively you may use your index and middle fingers and press indentations in a scissor like manner, along the length of the kabob.
- Place the kabob skewers over a long tray or baking sheet with elevated rims to support the skewers just at the top and bottom. The meat should not touch the base of the pan.
- It is best to shape these kabobs just before grilling. Sprinkle a few drops of onion juice over the kabobs before placing on the grill.

## Ingredients

- 1 lb ground lamb see note
- 1 lb ground beef
- 1 onion large
- 2 tsp salt
- 1 tsp black pepper ground
- 1/2 tsp turmeric
- 1 pinch baking soda







# Sour Cherry Rice

(Albaloo Polo)

## Instructions

- Wash and soak the basmati rice in water for 2 hours. This step is not totally necessary, but it does produce a more tender rice.
- Drain the rice. Fill a large pot with water and boil. Add the rice and boil on medium heat for 8 minutes exactly. Drain the rice and rinse with cool water to stop the cooking. Drain. In the same pot over high heat, add half of the butter. When hot: Add half of the drained rice Pour half of the saffron and soaking water over the rice Stir a bit Add half of the drained cherries Add remaining rice Pour rest of saffron and soaking water Add remaining butter Stir just this layer a bit Add the remaining drained cherries Traditionally, this is done in a pyramid shape. I'm not coordinated enough to handle that request. The wider the pan you have, the more crusty rice crust you get. Wrap your lid with a thin kitchen towel and cover the pot. This helps the steam stay in the pot, which is important because you aren't adding any additional liquid to the pot. Cook on high for 10 minutes (to create a nice crunchy crust). Turn heat down to super-low for 20 minutes. Turn off heat and let sit for 5 minutes.
- While rice is cooking, cook syrup and 1 cup sugar over medium heat for 30 minutes until it reduces down to a sweet, sticky syrup. Set aside.
- When the rice is done, drizzle 1/2 cup of the syrup over the rice. See the nice crust of rice at the bottom of the pan? It's well known that household bribery, deception and wars have erupted over who gets to eat that part!

## Ingredients

- 1 24-oz jar of sour cherries in light syrup (or 1 can sour pie cherry, light syrup), drained and syrup reserved
- 1/2 teaspoon saffron, soaked in 2 tablespoons hot water
- 3 cups basmati rice
- 1/2 cup butter, melted (I use clarified butter, but regular butter will work)
- 1 cup sugar



# Yellow Split Peas Stew

(Gheymeh)

## Instructions

- Chop the onion. Fry them in a large pot with 2 tablespoons of oil until it turns golden.
- Add meat and saute for 2-3 minutes.
- Add turmeric, salt, pepper.
- Add ground cardamom and stir. This is an optional step but has a great effect on the aroma and taste of the stew. Saute until all sides of the meat are lightly brown.
- Drain the yellow split peas and add to the pot and saute for 5 minutes.
- Add saffron and mix thoroughly
- Add tomato sauce and mix well.
- Pour in enough water to cover the mixture by about 2 inches.
- Bring it to a boil on high heat for a couple of minutes. Then lower the heat, cover the lid and cook on medium to low heat for 60 minutes. Add a little more water if necessary.
- Add dried limes to the pot. Before adding the limes make some holes in them using a knife or a fork. Cover the lid and cook on low heat for 30 more minutes.
- Peel and slice the potatoes and fry them for topping.
- Serve warm with rice and garnish it with French fries on top.

## Ingredients

- 250 Grams stew meat (lamb or beef)
- ½ Cups yellow split peas, soaked in water
- 1 medium onion, chopped
- 2 Tablespoons tomato paste
- 2-3 dried limes, or 2 tablespoon lemon juice
- ¼ Teaspoons saffron dissolved in 2 tablespoon boiling water
- 1 Tablespoon turmeric
- 1 Teaspoon salt to taste
- 1 Teaspoon black pepper to taste
- ½ Teaspoons ground cardamom
- 2 large potatoes
- water
- vegetable oil



THE END



