



# MAHBOOK

Persian Recipes for Cooking Artists

Vol. 1

*Starters*

by

Mahzad





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Persian Receptions for Cooking Artists

Vol. 1

## Starters

Receptions and Photos by  
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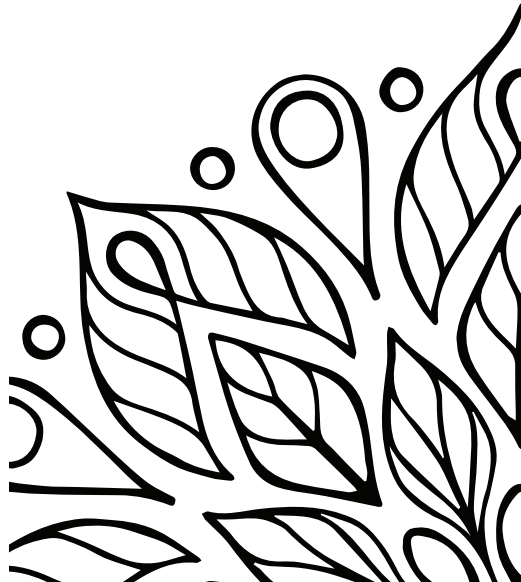
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# Hummus

## Instructions

- Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine-mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds. Set aside (no need to peel the chickpeas for this recipe!).
- Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.
- Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor as necessary.
- While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra-smooth, pale and creamy. (If your tahini was extra-thick to begin with, you might need to add 1 to 2 tablespoons more ice water.)
- Add the cumin and the drained, over-cooked chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.
- Taste, and adjust as necessary—I almost always add another ¼ teaspoon salt for more overall flavor and another tablespoon of lemon juice for extra zing.
- Scrape the hummus into a serving bowl or platter, and use a spoon to create nice swooshes on top. Top with garnishes of your choice, and serve. Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.

## Ingredients

- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
- ½ teaspoon baking soda (if you're using canned chickpeas)
- ¼ cup lemon juice (from 1 ½ to 2 lemons), more to taste
- 1 medium-to-large clove garlic, roughly chopped
- ½ teaspoon fine sea salt, to taste
- ½ cup tahini
- 2 to 4 tablespoons ice water, more as needed
- ½ teaspoon ground cumin
- 1 tablespoon extra-virgin olive oil
- Any of the following garnishes: drizzle of olive oil or zhoug sauce, sprinkle of ground sumac or paprika, chopped fresh parsley.







# Kotlet

## Instructions

- Place the unpeeled potato in a small saucepan and add about 1½ inches of cold water. Bring to a boil, then cover and reduce the heat to low and cook for 30 minutes. Remove the potato from the pan and set aside until cool enough to handle. Peel the potato and grate it into a large bowl. Add the rest of the ingredients, with the exception of the vegetable oil and cracker crumbs, to the bowl. Mix all the ingredients well with a spatula or use your fingers to knead the mixture as you would with bread dough, until the batter resembles a thick batter.
- Place the unpeeled potato in a small saucepan and add about 1½ inches of cold water. Bring to a boil, then cover and reduce the heat to low and cook for 30 minutes. The potato will be hard in the center when poked with a fork. Remove the potato from the pan and set aside until cool enough to handle. Peel the potato and grate it into a large bowl.
- Add the rest of the ingredients, with the exception of the vegetable oil and cracker crumbs, to the bowl. Mix all the ingredients well with a spatula or use your fingers to knead the mixture as you would with bread dough, until the batter resembles a thick batter.
- Add ⅔ cup fine cracker crumbs to a flat plate.
- Use a ¼ measuring cup to scoop the batter. Place the batter in the palm of your hands and squeeze it a few times before rolling it into a 3 ½- inch long roll. You may roll it into a ball instead.
- Place the roll in the cracker crumbs and gently roll it from side to side to coat all over. Repeat this step with the rest of the batter. Arrange the coated rolls in a single layer on a shallow sheet pan or tray. Reserve the leftover crumbs, you will need it again when you make the patties.
- Line a large platter with couple of paper towels. Set aside.
- Heat ⅔ cup oil in a 12-inch nonstick skillet over medium heat. It should be very hot but not smoking
- Place a coated role in the reserved cracker crumbs and flatten it into a ½ -inch thick patty. Turn it over and press again to coat the other side. Gently brush off the excess crumbs with your fingertips.

## Ingredients

- 1 ¼ pounds ground turkey (93% lean). You may use lean ground beef instead.
- 1 large potato, parboiled with skin
- 1 small onion grated (packed ½ cup)
- 1 large egg
- 1 tsp salt
- ½ tsp freshly cracked black pepper
- 2 tsp meat spice or your favorite curry powder
- ½ tsp saffron (optional)
- ⅔ cup fine cracker crumbs
- ⅔ cup vegetable oil for frying



# Legume Soup

(Aash-e Reshteh)

## Instructions

- Place the chickpeas and kidney beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight.
- Heat 1 tablespoon olive oil in a skillet over medium heat; stir in red onion. Cook and stir until onion has turned translucent, about 5 minutes. Reduce heat to low; continue cooking and stirring until onion is tender and golden brown, about 40 minutes more. Stir in dried mint; cook until onions become dark brown and crisp, about 15 minutes. Set aside for garnish.
- Heat remaining olive oil in a stock pot; stir in yellow onions. Cook and stir until onion has turned translucent, about 5 minutes. Add garlic and stir until fragrant, about 1 minute. Stir in chickpeas, kidney beans, and turmeric; toss to combine. Stir in vegetable stock; simmer soup for 1 hour.
- Stir parsley, cilantro, mint, scallions, and lentils into soup; simmer 30 minutes more. Break linguine into 3 sections, stir into soup, and cook at a low boil until noodles are soft, 8 to 10 minutes.
- Stir 1/2 of the spinach to the soup until wilted, about 1 minute. Stir in remaining spinach and simmer for 30 minutes, stirring occasionally.
- Stir flour with 3 tablespoons of the soup liquid together in a small bowl until smooth. Stir flour mixture back into soup. Continue to simmer soup over low heat, stirring frequently, until thickened, about 30 minutes.
- Serve soup with yogurt and fried red onions.

## Ingredients

- 1/3 cup dry chickpeas (garbanzo beans)
- 1/3 cup dry kidney beans
- 2 tablespoons olive oil, divided, or as needed
- 1 large red onion, thinly sliced
- 1 tablespoon dried mint
- 2 large yellow onions, thinly sliced
- 6 cloves garlic, or to taste, minced
- 2 teaspoons ground turmeric
- 6 cups vegetable stock
- 3 cups packed chopped fresh parsley
- 2 cups packed chopped fresh cilantro
- 2 cups packed chopped fresh mint
- 3 bunches scallions, chopped (green parts only)
- 1/2 cup dry lentils
- 1/2 pound linguine pasta
- 1 pound fresh spinach, chopped
- 1 tablespoon all-purpose flour
- salt and fresh ground pepper to taste
- 1 cup Greek yogurt

## Notes

- Save time by frying the onions while the soup is simmering.
- It is important to stir gently and often toward the end of the cooking process, or soup will stick to the bottom of the pot. Add more water or stock as needed to prevent sticking.





# Pirashki

## Instructions

- Mix the Yogurt with the milk and vegetable oil in a big bowl and mix thoroughly until well blended.
- Add the dry yeast, 1 tbsp sugar to the bowl and stir until well mixed.
- Add the flour to the bowl gradually and it between add the baking powder and 1/2 tsp salt and mix thoroughly.
- Cover the dough with a plastic, put it in a warm place and let it rise until double in size, it should take about 2 hours.
- Fry the onions with 2 tbsp vegetable oil in a pot until translucent.
- Add the ground beef to the pot, add salt, ground chili pepper and Tandoori seasoning and stir.
- Add tomato paste to the pot, stir and let the beef fry until it slightly changes color.
- Add the minced parsley to the pot, stir and fry along. 9- Unwrap the dough, take a fistful of the dough, flatten it using the palm of your hand.
- Take one tablespoon of the beef mixture and place it in the center of the flattened dough and wrap the dough around it. Pinch the edges of the dough together to seal the wrap and place it in a non-stick bakeware.
- Repeat the last step.
- Preheat the oven to 400 degrees then turn it down to 350 degrees and place the bakeware in the center of the oven.
- Bake the Pirashkies until they change color to brown.

## Ingredients

- 1/2 lb (226g) Ground Beef
- 1/2 cup plain yogurt
- 1/2 cup milk
- 1/4 vegetable oil
- 2 Tbsp oil
- 1 Tbsp Dry Yeast
- 1 Tbsp Sugar
- 1 Tbsp baking powder
- 1 Tbsp Tomato Paste
- 2.5 Cups all-purpose flour
- Salt
- Ground Chili Pepper
- Tandoori Seasoning (Advieh Tandoori)
- 1 Small onion
- 2 Bunch Parsley





# Spinach Omelet

## Instructions

- In a bowl, beat the eggs, and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.
- In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes. Reduce heat to low, and continue cooking 2 to 3 minutes, or to desired doneness.

## Ingredients

- 2 eggs
- 1 cup torn baby spinach leaves
- 1 1/2 tablespoons grated Parmesan cheese
- 1/4 teaspoon onion powder
- 1/8 teaspoon ground nutmeg
- salt and pepper to taste



# Stuffed Cabbage

(*Dolmeh Kalam*)

## Instructions

- Trim away the thick stalks of the cabbage leaves as needed and reserve; keep the leaves intact. Cut any very large leaves in half.
- In a large pot of simmering, well-salted water (the water should taste like the ocean), add 3 to 4 cabbage leaves at a time and simmer until just pliable, 3 to 5 minutes; remove gently using a slotted spoon. Set aside to cool. Drain the water from the pot and add the butter. Heat over medium heat until melted, then whisk in the tomato paste and 2 cups water until smooth. Season with salt, turn off the heat, and reserve.
- In a large bowl, combine the ground beef, rice, onion, and fresh and dried herbs; season with 3/4 teaspoon salt and 1/4 teaspoon pepper.
- In a large pot or Dutch oven, distribute the cabbage scraps in an even layer. Pour in the prepared tomato sauce and set aside.
- Working with one cabbage leaf at a time on a clean, flat work surface, place a scant 2 tablespoons of the beef mixture in a 2-inch line in the bottom center of each leaf. Fold the sides of the leaves over the filling to cover, then tightly roll the leaves like cigars. Transfer the dolmeh seam side down to the pot atop the cabbage scraps. Pack the whole tomatoes (remove the vine) among the dolmeh.
- Partially cover the pan and bring the sauce to a boil over medium-high heat, then reduce to a simmer; steam the dolmeh until most of the liquid has evaporated and the rice is tender, about 45 minutes (add small amounts of water only as needed to steam). Transfer the dolmeh to a platter if desired, and season lightly with salt and pepper. Serve warm with any remaining sauce spooned on top.

## Ingredients

- 2 medium heads green cabbage (about 5 pounds), cored, leaves carefully removed and reserved
- 4 tbsp. unsalted butter
- 1/2 cup tomato paste
- Kosher salt
- 1 lb. ground beef
- 1/4 cup short-grain white rice
- 1 large yellow onion, minced (1 1/2 cups)
- 2 tbsp. fresh basil, chopped
- 2 tbsp. fresh cilantro leaves, chopped
- 2 tbsp. fresh flat-leaf parsley leaves, chopped
- 1/2 tsp. dried basil
- Freshly ground black pepper
- 2 small tomatoes, preferably on the vine



THE END



