

Iranian Recipes

Persian food (Persia was the former name of Iran) is heavily influenced by the surrounding countries of Afghanistan, Pakistan, Turkey and the Arab states.

***Aash-e Shalgham* - Meat balls with rice and carrots**

Serves 4

200g minced lamb or beef
2 large onions, grated
50g lentils
Cooking oil
500g carrots, peeled and sliced
100g long grain rice
½ tsp turmeric
Salt and black pepper
100g fresh mint, finely chopped

Mix the meat with the grated onions, salt and black pepper. Shape into small balls. Heat oil in a sauté pan and fry until the colour changes. Add 4-5 glasses of hot water and the lentils and cook over a medium heat for about 10 minutes.

Add the carrot, rice and turmeric and season with salt and pepper. Mix well and cook over a low heat for 15-20 minutes, stirring occasionally.

Heat a little more oil in the pan and fry the mint over a medium heat for 2-3 minutes and pour over Aash when serving.

Maahi Kabab

Serves 2

2 fillets river fish, such as trout
Juice of 2 limes
50ml olive oil
25g coriander
25g parsley
25g mint
¼ tsp saffron

Place the lime juice oil and saffron into a suitable pan.

Carefully place the fillets of fish in the pan, cover and cook barely simmering for 8-10 minutes or until the fish is cooked through.

Add the herbs, allow to cook for a further one or two minutes.
Serve with sabzi polow.

Sabzi Polow – [V]

250g basmati rice
375g mixed herbs (parsley, dill and coriander) and spring onions
Oil

Serves 2

Salt and pepper
Soak the rice in lukewarm lightly salted water for 3-4 hours.
Bring a large pan of water to the boil and add the rice. Cook until the rice

begins to soften.

Then drain the rice and rinse off under cold water. Return to the pan and add the oil. Place all the herbs and spring onions in the pan and cook over a low heat for 20 – 30 minutes until the rice is cooked. Season and serve with Maahi Kabab.

Spiced Oranges and Dates – [V]

Serves four.

3 firm, sweet organic oranges
2 tbsp flaked almonds (optional)
2 tbsp orange juice
1 tbsp lemon or lime juice
½ tsp ground cinnamon
1 tsp icing sugar
4 large, plump dates
2 tbsp fresh mint leaves

Peel the oranges with a knife, removing all the white pith, then cut crosswise into 1 cm thick slices.

Toast the almonds lightly in a dry frying pan until they smell fresh, taking care not to burn. Finely slice the dates.

Combine the orange juice, lemon or lime juice, cinnamon and icing sugar in a bowl, and whisk.

Add the orange slices and toss lightly. Serve on shallow plates, with a drizzle of the juices. Scatter with sliced dates, toasted almonds and mint.

Note: we do not use almonds or nuts of any kind in schools but we have included them here as part of this traditional recipe.