

delle

FOOD MUSIC CULTURE

Zoom Cooking Class

12/29/20 5 PM EST

Delle x AJC ACCESS

Chef Nadia Deljou

Koofteh

(Persian Meatball Stew)

Ingredients:

Meat Mixture:

1. 1 Lb ground beef
2. Salt/ pepper to taste
3. ½ tsp Turmeric
4. 1 bunch curly parsley
5. ½ bunch cilantro
6. 1 bunch tarragon
7. ½ bunch dill
8. 2 stalks of green onion
9. ¼ cup rice (short grain)
10. 1 tsp cumin

Stew:

1. 1 Onion, sliced
2. ½ tsp turmeric
3. 1 TBLS dried mint
4. Chicken/beef/veg broth (or water) to cover
5. 1 TBLS tomato paste

Procedure:

In a large mixing bowl, mix meat with chopped herbs, turmeric, salt pepper and rice. Combine and knead until emulsified. Meanwhile, saute onions in a medium/large stockpot, until softened. Add dried mint and saute until fragrant. Add tomato paste and cook until deep in color. Next, add stock or water and begin to boil.

Meanwhile, form meatballs into desired size and drop into boiling water to cook through. This should take 30-45 minutes.

Before serving, add saffron (optional) and lime/lemon. Serve with crusty bread and fresh herbs!

Salad Shirazi

(Persian Cucumber, Tomato and Onion Salad)

Ingredients:

1. 3-4 cucumbers (Persian, preferred)
2. ½ red onion/vidalia, diced
3. 1 bunch curly parsley, chopped finely
4. 1 tsp dried mint (optional)
5. 3-4 tomatoes, diced
6. 2 limes, juiced
7. 3-4 TBS olive oil
8. Salt and pepper to taste

Procedure:

Remove alternating stripes of peel on cucumbers (optional) and trim ends. Dice cucumbers, onions and tomatoes, set aside. In a large serving bowl, whisk citrus juice with oil, constantly whisking to create an emulsion. Season to taste, add vegetables and toss with herbs. Serve at room temperature or lightly chilled.

*Please read through the recipes twice to be prepared for class! It is also imperative to have all ingredients pre-measured and prepared so we can efficiently cook together. **We will chop and assemble the salad together, however.