

Flavors of Rochester at the Market

Celebrating the Cuisines and Cultures of our Community

A sampling series brought to you by the City of Rochester Public Market, Friends of the Rochester Public Market, and Democrat and Chronicle. Saturdays, May through September 10 a.m. to 12 p.m.
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Guest Chefs for August 22, 2015: Persian Association of RIT Students

GHORMEH SABZI (Iranian herb stew)

Ingredients

3 cups of dried Ghormeh Sabzi herbs	1/2 teaspoon turmeric
1 pound stew meat (beef, lamb, veal, etc.), cubed.	3 tablespoons cooking oil.
4 dried lemons (limoo amAnee) or 1 tablespoon dried lemon powder	1 tablespoon lemon juice (optional)
1 medium onion, finely diced.	1 cup of pre-soaked dried beans, or 1 can
	A touch each of salt and pepper

Instructions

- Wash the meat and let it drain.
- Soak dried herbs in water in a bowl and soak for 30 min.; Pour out water and put the herbs in a pot.
- With heat setting on high frequently stir the herbs until all their excess water has evaporated.
- Add two table spoons of cooking oil and continually stir fry the herbs until they turn a brownish color.
- Take the pot off and put it aside. During the stir fry process, you may add a bit more oil if needed.
- In another pot, add about one table spoon of cooking oil and the chopped onions and stir fry until they turn a golden brown color.
- Add the meat, stir fry for a few minutes, add salt, pepper and turmeric and let the meat fry with the onions for a few minutes.
- If you are using dried beans, at this point drain them and add them to the mixture.
- Turn the heat setting to medium.
- Poke a hole in each of the dried lemons and add them to the mixture (or add the powdered kind).
- Add about two cups (16 oz) of water, place the lid on the pot and let it boil for another 15 minutes.
- Add the fried herbs into the mixture, turn the heat setting to medium-low and let it cook.
- The cooking time required from this point on is about an hour.
- Half way through this period, if you are using canned beans, add them into the mixture.
- Once the meat is separated when poked by a fork, the stew is ready.
- Serve over white rice.

MIRZA GHASSEMI (Northern Iranian vegetable dish)

Ingredients

8 eggs, large	2 teaspoons turmeric
2 large eggplants	vegetable oil
6 large tomatoes, chopped	salt, black pepper
2 tablespoons garlic puree	

Instruction

- Prick eggplants all over. Place on cookie sheet and bake at 400° for 20 minutes or until very tender.
- (To check if the eggplant is cooked, pinch the neck. If the neck is soft, the eggplant is cooked.)
- Mince the garlic and puree by pressing down your knife and smashing it by firmly dragging the knife over the garlic.
- Once the eggplants are ready, take them out of the oven and let them rest for five minutes.
- Once they have cooled down peel the skin off. This should be easy and quick. Rough chop the eggplant and mash with a fork.
- Chop your tomatoes.
- Season eggs with salt and pepper.
- Whisk until frothy.
- Warm up the oil and add the garlic.
- Add turmeric, stir constantly and fry for about 4 minutes.
- Add eggs and stir well; Cook eggs as you would when making scrambled eggs.
- Once the eggs appear to be solid remove them with a slotted spoon and set aside.
- Fry eggplants and tomatoes.
- Season with salt and pepper.
- Cook them covered on medium-high stirring often until the liquid has evaporated.
- Once the vegetables starts sticking to the bottom add the eggs.
- Stir well so that the eggs are uniformly mixed with the eggplant and tomatoes.
- Mix all and Mirza Ghassemi is ready!

SHOLE ZARD (sweet Iranian dessert)

Ingredients

1 1/2 cup basmati rice, uncooked	1/4 cup butter, unsalted, melted
8 cup water	4 TBS almond slivers
1/4 tsp salt	1 tsp cardamom, ground
3 cup granulated sugar	1/4 cup rose water
1/4 tsp saffron, crushed	1 tsp cinnamon, ground
2 TBS water, hot	2 TBS pistachios, (optional)

Instructions

- In a medium-sized bowl gently wash the rice by stirring the rice in the water with your hand. This helps wash some of the starch and grit out; Pour out the water and repeat two more times.
- Drain washed rice and place in a 5-quart non-stick pot with 8 cups of water and salt and bring it to a boil, skimming the white foam from the surface as it forms.
- Cover and simmer over medium heat for 30 minutes or until rice is completely soft.
- Stir in granulated sugar and cook for 20 more minutes, stirring constantly.
- While rice is cooking, in a small bowl combine saffron and 2 TBS of hot water and reserve it.
- Cook rice 20 min., add the reserved saffron and butter, almond slivers, cardamom and rose water.
- Cover and simmer on low heat for 45 min., stirring occasionally until thickened to a pudding.
- Now pour Shole Zard into a shallow serving dish or spoon into individual serving bowls.
- Garnish with cinnamon powder, almond slivers (optional) and pistachios (optional).
- Chill in refrigerator until set, for about 2 hours and serve cold.