



PERSIAN HOME COOKING

A COLLECTION OF
FAMILY RECIPES, MADE EASY!

Gilava pour



A huge thanks to everyone who helped me in the creation of this book especially :

Azi Parsa

Gareth Shuttleworth

Ben pour

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Exotic Bazaar

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Photo by: Mary Vazirian

Salam,

Thank you for downloading my dearest collection of family favourite recipes. The recipes that you are about to discover have been tailored to everyday cooks like you who are curious about food, history and world culture.

My name is Gilava. I was born in Iran and now call Australia home. In Persian culture, mealtime is a celebration where you come together to feast with loved ones. We take every opportunity to share a table together with delicious and plentiful food that is the binding element for all occasions. I founded Exotic Bazaar to bring you the best of our culture by creating exquisite products that extend the table from our home to yours.

My e-book is an ever evolving collection of the Persian classics and my family recipes. Most of my recipes are vegetarian celebrating what earth gives us at first hand.

Enjoy the praise you will receive when introducing these unique flavours to your family and friends.

*Love,
Gila xx*



A FEW THINGS BEFORE WE START

The majority of the following recipes use Exotic Bazaar products. They will shorten the amount of preparation and cooking time needed for each recipe.

Exotic Bazaar products are made with 100% whole-food ingredients, I do not use preservatives or artificial flavours, giving you the same peace of mind as though you have created everything yourself from scratch.

Measurements:

The recipes within this ebook use the Australian standard cup and spoon sizes.

Symbols and Abbreviations



Gluten Free



Vegan Friendly



Total Cooking Time



Number of Serves

tblsp = Tablespoon

tsp = Teaspoon

g = Grams

ml = Millilitres

L = Litre

If you upload a photo of your finished recipe, please tag us in the post.

I would love to see what you create and hear your feedback!

@bazaar.au #exoticbazaar





SAFFRON BLOOM



A Shot of Smile

One of the most commonly used spices in Persian cuisine is Saffron. Although mild in flavour, saffron brings a very distinct aroma to any dish, creating a wow factor would otherwise be missing. It is the most expensive spice on earth by weight, but a few strings can change the experience of your dish to the next level. Saffron is definitely value for money. Not only is saffron a secret for the most delicious recipes, but this magical spice is also nature's anti-depressant. There is a saying in Iran when a kid is too happy or silly they would say: "Did your mum put too much saffron in your rice today"?

Lesson number one in Persian cooking is how to prepare the saffron. The colour and aroma of saffron is maximised when you first "bloom" it into the liquid form.

There are two ways to prepare saffron

1- In boiling water

2- In ice

I personally prefer the method with ice in more humid climates and boiling water in cooler climates.

Whichever method you choose, you will need to grind the saffron threads into powder using a small mortar & pestle.

Tip: To get the best result use a few grains of salt in with the saffron so the coarseness of salt helps with the grinding



Saffron Bloom

Grind the saffron with a pinch of salt or a sugar cube

Option1- Add in a large ice cube
Option2- Add four table spoons of boiling water to the saffron and cover with foil

Let it sit for 5-10 minutes until the ice has melted and the colour of saffron has been infused



A close-up photograph of fresh ingredients for Shirazi Salad on a wooden cutting board. The ingredients include sliced cucumbers, halved red onions, sliced tomatoes, and lemons. A dark bowl is visible in the upper left corner. The text 'SHIRAZI SALAD' is overlaid in white on a semi-transparent dark band across the middle of the image.

SHIRAZI SALAD





Shirazi Salad



Salad Shirazi is a Persian cucumber and tomato salad. This salad is named after the city of Shiraz, where Perspolis is located. This fresh tangy salad is a popular side dish found on every Persian dinner table.

INGREDIENTS:

2 Lebanese Cucumber
1 Medium Firm Tomato
1/2 Red Onion
1 Tsp Dried Mint or Fresh Mint Leaves
Juice of 1 Lime
Salt & Pepper

METHOD:

- 1- Peel the cucumbers and dice into very small cubes.
- 2- Dice the tomato and onion.
- 3- Mix cucumber, tomato, onion in serving bowl and sprinkle with the dried mint or chopped fresh mint.
- 4- Season with salt and pepper and drizzle lime juice. Toss gently to coat. Serve immediately.



PEAR DATE & WALNUT SALAD





Pear Date & Walnut Salad



10 mins



4

INGREDIENTS:

- 300g Fresh Baby Spinach Leaf
- 2 Firm Pears (Sliced)
- 1/2 Cup Walnuts (Roughly Chopped)
- 1/2 Cup Crumbed Danish Feta (Optional)
- 1/4 Seeded Dates
- 4 Tbsp Date vinegar From Exotic Bazaar
- 2 Tsp Za'atar spice - Exotic Bazaar
- 4 Tbsp olive oil

METHOD:

- Place the spinach, walnuts, dates and feta in a large salad bowl
- Mix olive oil, date vinegar, and za'atar in a separate bowl and whisk to get a vinaigrette consistency
- Slice the pears and dip each slice in lemon juice to prevent from browning.
- Drizzle date vinaigrette on top just before serving.



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FESTIVE ROASTED PUMPKIN



Roasted Pumpkin Stuffed with Walnut Pomegranate Couscous



This is the dish to impress! Enjoy warm or cold, as the centerpiece for your dinner table or as a show stopping entree dish to begin the night.

For a theatrical effect, serve the pumpkin whole on the table and cut into wedges in front of your guests. The pumpkin opens up like a flower.

INGREDIENTS:

- 1 Whole Jack Pumpkin
- 1 Cup Pearl Couscous
- 2 Tbsp Olive Oil
- 1 Jar Exotic Bazaar Fesenjoon Sauce
- 1 Cup of Pre-cooked Lentils
- 1 Cup Baby Spinach
- 1/3 Cup Pomegranate Seeds
- 1 Tbsp Pomegranate Syrup



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METHOD

Prepare the pumpkin

- 1-Cut the top of your pumpkin like a lid and remove the seeds.
- 2-Preheat oven to 180°C and line a baking Tray. Transfer the pumpkin bowl, with the lid to the baking tray (separated from each other).
- 3-Spray them with olive oil and a sprinkle some salt, then bake for 35 - 40 minutes.
- 4-Set aside to cool down.

Prepare couscous mix

- 1-Heat 2 tbsp of olive oil in a medium-sized saucepan.
- 2-Add couscous and stir for one minute.
- 3-Add the Walnut & Pomegranate Fesenjoon sauce with the lentils and mix well.
- 4-Add 1/2 cup of boiling water, reduce the heat and put the lid on. Cook for almost 20 minutes until the couscous is soft.
- 5-Set aside to cool down.

Stuff the pumpkin

- 1-Dice the flesh from pumpkin lid.
- 2-In a medium bowl mix together the couscous, diced pumpkin, pomegranate seeds, and baby spinach.
- 3-Put the salad mix inside the pumpkin. Fill in one spoon at the time and let it slightly overflow.
- 4-Garnish with pomegranate seeds.
- 5-Drizzle pomegranate syrup.

Serve

Cut the pumpkin into equal-sized wedges. The pumpkin will open up like a flower and the salad mix will sit in the middle.



VEGGIE BALLS WITH FESENJOON





Split Pea and Potato Veggie Balls in Fesenjoon



40 mins



These cute little veggie balls are crispy on outside and soft inside. They really are simple to make and taste delicious with the sweet and sour walnut pomegranate sauce. A beautiful snack or entree dish.

INGREDIENTS:

1 Grated Cooked Potato
1 Grated Onion
1/2 Cup Cooked Splitpeas
4Tbsp Chickpea Flour
1/2 Tsp Turmeric Powder
Spray Olive Oil
Salt & Pepper

INGREDIENTS FOR DIP:

1/2 Jar Exotic Bazaar Fesenjoon
2 Tbsp Pomegranate Seeds



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METHOD:

Preheat your oven to 180°C. Line a baking tray with parchment paper. Combine the veggie ball ingredients, mixing until they all stick together. Shape into little 3cm balls and place them on the baking tray. Spray lightly with olive oil. Bake them for 20-25 min until they are golden brown.

Gently heat up half a jar of Fesenjoon in a saucepan until warm and then transfer to a serving bowl. Sprinkle some pomegranate seeds on top then serve with freshly baked veggie balls.

A close-up photograph of a traditional Persian Aash Reshteh dish. The dish is served in a large, polished copper pot with a lid partially open. The soup features long, thin, ribbon-like pasta (reshteh) in a light-colored broth, topped with sliced hard-boiled eggs, sautéed onions, and a garnish of black caviar. To the right of the pot, a silver tray holds several pieces of golden-brown, crusty bread. The entire meal is set on a colorful, patterned tablecloth. A green semi-transparent banner is overlaid across the middle of the image, containing the text 'AASH RESHTEH'.

AASH RESHTEH

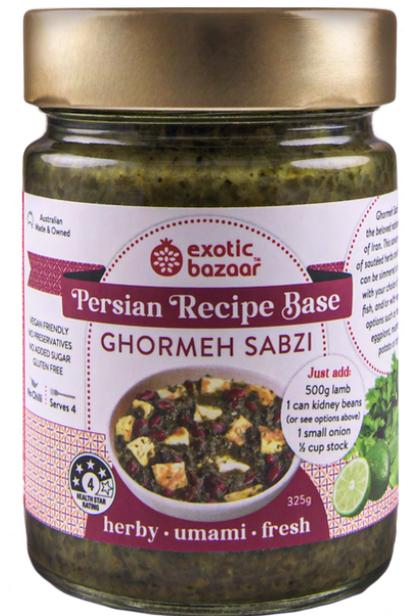
Aash Reshteh - Persian Noodle Soup



Aash in Farsi means 'soup' and this is the famous Persian hearty soup with noodles, herbs and beans. Traditionally prepared to welcome the Persian New Year, this is a tasty cold-weather recipe to keep you warm, satisfied, and a whole nutritious meal on its own, however it's so good that I now enjoy this soup anytime throughout the year.

INGREDIENTS:

- 1 Cup Of Mixed Cooked Beans (Chickpeas, Red kidney Beans)
- 1 Cup Of Cooked Lentils
- 1 Jar Exotic Bazaar Ghormeh Sabzi
- 1 Tsp Turmeric
- 2 Large Onions Chopped + 3Tbsp Olive Oil For Frying
- 4-5 Cloves Of Garlic Sliced
- 2 Tbsp Chopped mint or Dried Mint
- 2 Tbsp Olive Oil
- 5 Tbsp Whey Sauce (Optional)



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METHOD

- 1- In a large pot add oil and fry onions till their color start to change slightly. Then add turmeric and fry for another 2 minutes.
- 2- Set aside half of the onions to use as garnish.
- 3- Add beans and a Jar of Exotic Bazaar Ghormeh Sabzi to the rest of fried onions in the pot.
- 4- Bring about 1 litre of water to boil and add it to the pot.
- 5- When the soup mix comes back to boil, break the noodles into half or a bit smaller and add them to the soup.
- 6- Let the Noodles cook for about 10 minutes. Stir occasionally so the noodles don't stick.
- 7- Meanwhile the soup is cooking heat the olive oil in frying pan, add sliced garlic and fry for a minute. Remove the garlic from the pan and set aside. Then add the mint to the pan and fry for a minute, then remove from heat and set aside.
- 8- Check the soup, if it is too thick you can add some more boiling water.
- 9- When the noodles are cooked, turn off the heat and cover the pot with the lid. Let it stand for about 10-15 minutes before serving the soup.
- 10- If you are using whey sauce and it is too thick add a bit of cold water to thin it out until you have a sauce consistency.
- 11- Serve Aash Reshte in a large bowl and garnish with fried onion, garlic, mint, and whey sauce.

TIPS

- Feel free to change the selection of beans base on what you have in your pantry.
- If you don't have access to Persian whole wheat noodles, you can use any kind of thick noodles as alternatives such as udon noodles or thick rice noodles.
- Fried onions are the key for the tasty flavour of this soup, so be generous on the amount of fried onions.
- Sour Cream can be used as an alternative option for whey sauce.



SOUTH IRANIAN MARINADE



Date Vinegar & Sumac Marinated Fish



This special marinade is full of flavour and works perfectly with grilled fish, a staple in south Iran . Brown sugar balances the sourness of date vinegar and the sumac helps with caramelizing the surface of the fish when grilling, while adding a little hint of citrus flavour.

MARINADE INGREDIENTS:

- | | |
|---------------------------------------------|-----------------------------------------------------|
| 1 Clove Garlic, Minced | 1 Tbsp Sumac |
| 1 Tbsp Brown Sugar | 3 Tbsp Olive Oil |
| 1 Zest of 1 Lemon | 4 Pieces of Salmon or any white meat of your choice |
| <u>1/4 Cup Exotic Bazaar's Date Vinegar</u> | |

METHOD:

- 1- In a bowl combine all the marinade ingredients .
- 2-Pour the marinade over the fish. Cover and place in the fridge for 1 hour.
- 3- Bake or grill for 10 minutes or until the fish is just cooked but still a little pink in the center.
- 4- Carefully transfer the fish to a board or serving platter, sprinkle with spring onion and coriander leaves, then serve with lemon to squeeze, and salad.



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KABAB TABEI



Kabab Tabei - Pan Kebab



These tasty kebabs are full of flavour and so easy to make. Traditionally Kebab Tabei is cooked with some tomatoes and it is served with rice.

You can mix and match and serve these kebabs with different vegetables and salad on the side.

INGREDIENTS:

1 Pack Of Mince (Can use Plant-Based)

1 Large Onion Grated

4 Tbsp Exotic Bazaar Kebab Spice

Few Cherry Tomatoes Or 1 Tomato Sliced

4-5 Baby Capsicum Or Half A Capsicum Sliced

1 Tbsp Of Olive Oil For Greasing



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METHOD

- 1-Mix the grated onion with the mince and season with the Kebab Spice. Wear a food-safe glove and mix well with hand for about 5 minutes.
- 2-Preheat oven to 180°C (fan force).
- 3-Grease a baking dish with oil and transfer the meat to the dish. Flatten it, so it covers the bottom of the dish.
- 4- Use a knife to cut the kebabs. Then put slices of tomatoes and capsicums in between kebab slices.
- 5- Bake in the oven for about half an hour.
- 6- Serve with salad or fresh herbs.

TIPS

You can make this kebab on a stove top in a frying pan as well. Turn the kebabs after 15 minutes to cook on both sides.



TAHDIG





Tahdig - Persian Rice Crust



Rice is the most important dish of Persian cuisine and there is much debate around how to cook rice. There are many ways to cook the rice, however, the "correct" way follows the steps of soak, boil, drain & steam.

The signature part of Persian rice is its famous bottom crust named Tah-dig. Tahdig has many different types and can be made with rice, bread, potatoes, vegetables, or batter. It is the part of the dinner gathering where everyone's eyes are fixed upon. You will be judged if you take to much of a big piece!

The key to making the perfect Tahdig is to have extra oil for greasing the bottom of a non-stick pot on a low heat.

INGREDIENTS FOR RICE:

3 Cups Basmati or Long Grain Rice
8 Tbsp Salt (don't worry it will be drained away)

INGREDIENTS FOR TAHDIG:

3 Tbsp Oil Or Ghee
1/4 Tsp Grounded Saffron
1/2 Cup Coconut Yoghurt
1/4Tsp Salt
2 Tbsp Butter or Margarine

METHOD :

1-Soak rice overnight for optimum results or a minimum of half an hour with 4 tbsp salt. Meanwhile, bloom the saffron (see page 07)

2-Boil 1 litre of water in a pot.

3-Drain away the salty water from the rice, then add the rice to boiling water.

4-When the water returns to boiling point and the rice starts to dance on the surface, drain the rice in a colander. (usually 10 minutes).

Tahdig :

5-Use a non-stick pot. Add the oil to the pot and move in around to cover the bottom of the pot.

6- In a medium bowl mix 1 cup of parboiled rice, bloomed saffron, salt, and the yoghurt together.

7-Spread the rice mix evenly to cover the bottom of your non-stick pot.

8- Pour the rest of the parboiled rice over the top.

9-Wrap the pot's lid with a tea towel (for steam absorption). Add 1/4 cup of boiling water to the pot. Close the lid.

10- Cook on a medium/high hit for the first 5 min. Then reduce the heat to low and cook for 30 min.

11- Remove the pot from the stove. Place a large serving platter over the pot and carefully flip the rice onto the plate. The golden crusty Tahdig will be revealed on top with the perfectly cooked rice underneath.

Tips:

- To ensure your rice is ready at step 10, slightly wet your index finger then gently and quickly touch the middle side of the pot. If it immediately makes a sizzling sound and dries out your finger, then it is ready. If the pot is not hot enough yet then leave it for a bit longer.
- Don't get tempted to increase the heat to get the Tahdig faster, it could burn the bottom. This dish only achieves perfection with patience and time.
- Your first attempt may not be perfect but please don't be disheartened, this rice is worth your effort. The skill of preparing and cooking the Tahdig followed by the final reveal is a proud moment for anyone who loves food.



SABZI POLO





Sabzi Polo - Mixed Herb Rice with Kale Crust



This herb-infused queen of rice will have you coming back for more. Sabzi Polo (green rice) is the dish of spring. It is a staple for the Persian New Year's dinner table.

Traditionally this dish is made with fresh herbs, but here we use our Ghormeh Sabzi cooking sauce to take a shortcut through all the chopping and washing of the herbs. Also, the tanginess of lime in Ghormeh Sabzi adds another layer of excitement to this all-time favourite dish.

INGREDIENTS:

- 1 Jar Exotic Bazaar Ghormeh Sabzi
- 3 Cups Basmati Rice
- 4-5 Kale Leave
- 2 Tbsp Olive Oil



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METHOD

- 1-Wash and soak rice overnight for optimum results or for a minimum of half an hour with 4 tbsp salt.
- 2-Boil 1 litre of water in a pot with another 4 tbsp of salt.
- 3-Drain the water from the soaked rice, add the rice to the boiling water.
- 4-When water comes back to boil again and rice grains start dancing on the surface, drain the rice in a colander.
- 5-Use a non-stick pot. Add the oil to pot and tilt in around to make sure the bottom of the pot is covered with oil.
- 6-Then sprinkle some salt and arrange the kale leaves to cover the bottom of your pot.
- 7-Add a layer of rice followed by a spoonful of Ghormeh Sabzi Sauce. Repeat this process adding layers until you have used all of your rice and sauce. Gently mix the rice with the Ghormeh Sabzi Sauce using a fork as you go.
- 8-Put the lid on and let the rice and sauce mix steam gently for about 25 minutes on a medium heat. The kale leaves will be fried to form a beautiful crust aka the Tah-dig.

TIPS

Add one of my recommended additional ingredients:

- 400g Sliced swiss brown mushrooms added during the laying process.
- 400g Firm tofu. Dice and fry separately in a little olive oil until golden brown. Add to Sabzi Polo during the layering process.
- 1 Large Eggplant. Cut into strips and fry separately with olive oil add on top of the Sabzi Polo when serving.

A top-down view of a silver, ornate platter containing a dish of Grilled Eggplant Pilaf. The dish is arranged in a circular pattern, featuring a central mound of pinkish-red pilaf, surrounded by a ring of grilled eggplant slices. The eggplant is topped with a layer of golden-brown, star-shaped fried onions. Small, bright red cherry tomatoes are scattered around the perimeter of the platter. Fresh green herbs are placed in the center of the eggplant ring. The platter is set on a rustic, weathered wooden surface.

GRILLED EGGPLANT PILAF





Grilled Eggplant Bulgur Pilaf



This recipe is inspired by Persian Gheymeh Bademjan (eggplant Gheymeh).

Bulgur is a great source of fiber and protein. With its rich nutty flavour, it is a welcomed change from eating rice. |

You can make the same recipe with Freekeh. Bulgur and Freekeh are both made of wheat. Bulgur is steamed before being cut, and Freekeh is roasted pre-cut. This makes Freekeh a bit chewier with a more smoky flavour.

INGREDIENTS:

4 Eggplants Thin - Sliced Lengthways

1 Large Potato

Spray Oil or Cooking Oil

1 Jar Exotic Bazaar's Gheymeh

2 Cups Cooked Bulgur

1 Cup of Cherry Tomatoes

Handful of Parsley for Garnish



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METHOD

- 1- Spray oil on eggplants and grill them in oven for 20 minutes fan force (180°C). After they turned golden, put them on a paper towel to absorb extra oil.
- 2- Cut the potatoes in your desired shape (e.g. half-moon or stars) then fry potatoes and set aside.
- 3- In a medium-sized saucepan add 2 cups of boiling water, add the bulgur and bring to boil. Cover, then simmer for 25 minutes, stirring occasionally until tender. If your bulgur is tender but still has water remaining, drain the excess water.
- 4- Combine Exotic Bazaar's Gheymeh and cooked bulgur, stirring together for about 5 minutes.
- 5- Preheat oven to 180°C fan forced.
- 6- Use a 20 cm cake tin and arrange the eggplants on the bottom. Make sure that there is no gap between eggplant slices.
- 7- Place the bulgur and Gheymeh mix on top of the eggplants until the tin is filled.
- 8- Bake in oven for about 30 minutes.
- 9- Gently flip the grilled eggplant pilaff to a serving dish.
- 10- Garnish with the fried potatoes, cherry tomatoes, and parsley.

TIPS

- For a gluten-free version of this recipe, use quinoa.
- To get a crispy top layer, after flipping the grilled eggplant pilaff, put it back in the oven and grill for an extra 5 minutes until the eggplants are golden.





ADAS POLO





Adas Polo - Lentil & Date Rice



Adas polo is a simple, yet very yummy rice dish with layers of flavours and texture. The Persian aromatic spice adds a unique depth of flavour and blends really well with all of the elements of this dish.

INGREDIENTS:

- 1/2 Cup green lentils
- 3 Cups basmati rice
- 4 Tbsp Persian Aromatic Spice from Exotic Bazaar
- 1 Large onion sliced thinly
- 1/2 Tsp turmeric powder
- 6 Pitted Dates cut in half
- 3 Tbsp sultanas (optional)
- 6 Tbsp olive or grape seed oil



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METHOD

- 1- Wash the rice and lentils together a few times until the water runs clear.
- 2- Use a non-stick pot, transfer the rice, and lentils to the pot. Add water up to 1 inch on top of rice.
- 3- Add 2 tsp of salt and 3 tbsp of olive oil.
- 4- Cover the pot and bring it to a boil over medium heat.
- 5- Add 4 tsp Persian Aromatic Spice and gently stir until the spice is thoroughly combined with the rice.
- 6- When the rice starts to absorb the water, reduce the heat to low, wrap the pot lid with a tea towel, and put it back on top of your pot (make sure there is no gap for steam to escape).
- 7- Cook for another 20 minutes until it is ready to serve.
- 8- Meanwhile your rice is cooking, fry the onions until they turn golden, then add 1/2 tsp turmeric and fry for another minute and set aside.
- 9- Rise sultanas with some boiling water. Cut the dates in half and remove the seeds.
- 10- Add a tsp of oil to a frying pan. Fry the sultanas and dates for 1 minute.
- 11- Serve the lentil rice on a large platter and garnish with fried onions, dates, and sultanas.

TIPS

- Adas Polo is a vegetarian dish but traditionally fried mince is used as a garnish for this recipe.
- Orange zest gives a beautiful aroma to be used as a garnish. You can add some orange peel or zest to sultanas when the garnish is being prepared.



KUFTEH TABRIZI



Kufteh Tabrizi - Stuffed Meatballs



1.5hr



6

Kufteh Tabrizi originated from the city of Tabriz in the north-west Iran and around 200km near to the Turkish boarder. This beautiful historical city is famous for its mountains and tasty food.

INGREDIENTS:

1 Cup Cooked Rice
1/3 Cup Yellow Split Peas Cooked
500g Mince Meat/Plant-based Mince
1/2 Cup Persian Aromatic Herbs: Dried Parsley, Mint, Dill, Tarragon (Available on Exotic Bazaar Website)
2 Tbsp Chickpea or Wheat Flour
1/2 Tsp Black Pepper
1/2 Tsp Turmeric

STUFFING

6 Plums Or Apricots
1/4 Cup Walnuts.

GARNISH (Optional)

Walnuts
1 Tbsp Sugar
1 Onion Sliced
1/2 Tsp Turmeric

SAUCE BASE:

1 [Jar Exotic Bazaar's Tabrizi Sauce](#)



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METHOD :

1- Preheat the oven to 180°C without fan force.

2- Add cooked rice, cooked split peas, mince, herbs, chickpea flour, and spices together and mix with hand really well until ingredients hold together so you can form it to a ball shape. If you don't mix it well, Kufteh will crack in open during cooking.

3- Pick a hand-full of the Kufteh mix. Press it flat in your hand, put a piece of walnuts and plum each in the middle and gently bring the sides together to form a ball shape. Repeat until all the mixture is used. The mixture should give you six kufteh balls.

4- In a large ovenproof pot (big enough for Kufteh balls to place without piling on top of each other) add a jar of Exotic Bazaar's Tabrizi sauce mix with three cups of water or stock and bring to boil.

5- Gently place the Kufteh balls in the boiling sauce. Spoon out some sauce and pour top of Kufteh balls. Repeat and sauce all of the balls. Transfer to the middle rack of the preheated oven.

6- Bake for 30 minutes or until the kufteh balls are golden on top. Pour some more of the sauce on the balls before serving and garnish with caramelised onion, and some chopped walnuts.

Garnish Preparation (Optional):

1- Heat a tablespoon of olive oil in a frying pan, add onions and fry until they start to change colour. Add turmeric, fry for another minute, and set aside.

4- Serve the fried onion on top of the kufteh balls topped with a piece of walnut.

Serve with flat or Turkish bread, pickles, and fresh salad.

TIPS:

- You can also cook the Kufteh Tabrizi on a stove. Put the lid on top and turn over the kufteh balls half way so they cook evenly.
- The plant-based mince and the Tabrizi sauce both contain salt, but if your mince doesn't contain salt already, add a tsp of sea salt to the ingredients.



GHORMEH SABZI



Ghormeh Sabzi - Sauteed Herbs & Persian Lime with Exotic Mushrooms



Ghormeh Sabzi is the most beloved Persian dish. Made with sauteed herbs, this earthy and aromatic classic is citrusy in taste and has all the five flavours that satisfy our taste buds.

Traditionally Ghormeh Sabzi is made with diced lamb and kidney beans, however, the rich and buttery flavours of shiitake and pine mushrooms match the deep flavours of wilted herbs and Persian lime perfectly.

INGREDIENTS:

- 100g Shiitake Mushroom
- 100g Swiss Brown Mushroom
- 200g King Oyster Mushroom
- 1/2 cup Kidney Beans Dry or 200g Cooked Kidney Beans
- 1 Jar Exotic Bazaar Ghormeh Sabzi

- Optional: 2 Persian Lime - Limoo



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METHOD

- 1- Dice the bottom part of king oyster mushroom into thick pieces, then dice the top part into quarters.
- 2- Dice the rest of the mushrooms into quarters.
- 3- If you are using dry kidney beans, boil the kidney beans in a large pot. Make sure you do not add any salt or acid to the water as it slows down the cooking process.
- 4- Fry all the mushrooms lightly until golden.
- 5- Empty in one jar of Exotic Bazaar Ghormeh Sabzi with 100ml of water/stock.
Optional: Add two Persian Limes.
- 6- Drain and rinse the kidney beans, then add to the pot.
- 7- Bring to boil and then simmer for 20 minutes.
- 8- Serve Ghormeh Sabzi with rice and side salad Shirazi (see recipe on top)

TIPS

- Feel free to use any other mushroom of your choice i.e. white button or swiss brown.
- This recipe goes exceptionally well with halloumi too.
- If you have decided to add the Persian Lime for extra tanginess, give them a rinse and using a knife or fork poke one or two holes into the side of them before adding to stew.





KHORESH GHEYMEH



Khoresh Gheymeh - Aromatic Spice & Persian Lime Stew



My mum calls this dish "A meal for weddings and mournings" Which means no matter what the occasion, Gheymeh is the staple of the gathering.

This Persian favourite traditionally is made with lamb. For vegetarian option you can replace that with: tofu, mushrooms, or tempeh.

INGREDIENTS:

- 1 Jar Exotic Bazaar Gheymeh
- 1/2 Cup Yellow Split Peas
- 2 Large Potatoes
- 200g Tofu or 400g Lamb/Beef
- Cooking oil of choice (for frying potatoes)
- 3 Persian Lime - Limoo (Optional)
- Salt & Pepper



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METHOD

- 1- Wash and soak the yellow split peas.
- 2- Peel the potato and cut into thin strips. Rinse under cold water to clean away the starch. Pat dry with a paper towel and sprinkle with some salt. Fry in oil until golden brown.
- 3- Dice your choice of meat or tofu in small cubes, fry them lightly in the oil until golden.
- 4- Drain then add the split peas in. Cover the ingredients with boiling water and simmer until split peas are cooked.
- 5- Add one jar of Gheymeh to the saucepan. Top with more boiling water or stock as needed.
Optional: Add two Persian Lime, see Ghormeh Sabzi for preparation tip.
- 6- Bring to boil then simmer on medium heat for 10 minutes.
- 7- Serve with the french fries on top.

Enjoy this stew with aromatic saffron steamed rice, olives and Salad Shirazi.

TIPS

Alternatively try making Gheymeh with either of the following tried and tested suggestions:

- 1 large eggplant. cut into strips and fry separately with olive oil then serve on top of the Gheymeh when serving.
- 400g mushrooms (my favourite are shiitake mushrooms), with 1 small capsicum sliced and diced.
- 400g okra. Leave them whole and simmer to cook with Gheymeh.



KHORESH HAVIJ



Khoresh Havij - Carrot & Almond Stew



This satisfying and flavour-packed carrot stew also originated from Tabriz city. You can recreate this colourful dish in no time at all using our Peppery - Turmeric & Lime, Tabrizi sauce. The natural sweetness of plums and carrots complement perfectly with the sauce, giving this dish a delicious tangy flavour with a little bit of heat coming from the freshly ground black pepper.

Traditionally, carrots are sliced into thin sticks, fried, then added to slow-cooked lamb. I substituted that with parsnips to make this dish vegetarian and extra healthy.

INGREDIENTS:

- 3 Medium Carrots Cut to Thin Slices
- 2 Medium Parsnip Cut To Thin Slices
- 1 Tbsp Butter Or Olive Oil
- 1/2 Cup Persian Plums Or Prunes.
- 1/4 Cup Silvered Almonds
- 1 Jar of Exotic Bazaar Tabrizi Cooking Sauce



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METHOD :

- 1- Melt the butter or olive oil in a pan
- 2- Add the carrots and parsnips and fry for few minutes. Please avoid tossing the vegetables too much because they will become mushy.
- 3- Add the Plums and half of the silvered almonds.
- 4- In a medium pot add a jar of Exotic Bazaar's Tabrizi sauce plus a cup of boiling water and bring to simmer.
- 6- Add the fried carrots and parsnips to the stew and simmer for a further few minutes.
- 7- Just before serving the stew, toast the rest of the almonds to use as garnish.

Enjoy this stew with Persian rice, salad, yoghurt.

TIPS:

This stew traditionally has a sweet and sour taste. You can add 1 tbsp of sugar to the carrots as you frying them to increase the sweetness.



VEGETABLE MOROCCAN TAGINE



Vegetable Tagine on Bulgur



 40 mins

 6

INGREDIENTS:

1 Jar Exotic Bazaar Moroccan Signature Tagine

1 Cup Diced Yellow Squash

1 Cup Sliced Carrot

2 Medium Potatoes Cut Into Cubes

1 Can of Chickpeas

2 Cups Bulgur

1 Tbsp Butter

Salt & Pepper

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METHOD

- 1- In a medium frying pan, lightly fry the potatoes, carrots and squash.
- 2- Add the chickpeas and fry for few seconds.
- 3- Stir in one jar of Exotic Bazaar Tagine cooking sauce.
- 4- Add a little water into the jar, shake and add in.
- 5- Let it simmer.
- 6- Meanwhile cook the bulgur:
 - Put the bulgur with four cups of water in a saucepan.
 - Add a pinch of salt and a knob of butter. Bring to boil.
 - Let it simmer until bulgur is cooked and fluffy.
- 7- Serve the Tagine stew on bulgur, with a side of salad.

TIPS

To ensure your bulgur isn't going mushy, start with less water, and add water gradually if needed.



VEGETABLE MOUSSAKA



Vegetable Moussaka



Moussaka is a favourite Greek/Mediterranean dish similar to lasagna. If you have never tried Moussaka before it is super tasty, creamy, and all round delicious.

Traditionally Moussaka is made with meat, and béchamel sauce. But we made a lighter and healthier version with lentils and Exotic Bazaar's Tagine sauce.

INGREDIENTS:

3 Large Eggplants

Olive Oil

1 Jar of Exotic Bazaar Moroccan
Signature Tagine

3 Large Potatoes

2 Garlic Cloves

Salt & Pepper



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METHOD

1-Preheat oven to 180°C.

2-Remove the stalks from the eggplants and cut them lengthways into 1 cm thick slices.

3-Drizzle some olive oil and bake them for 20 minutes(Keep the oven warm for the second bake).

4-Meanwhile boil the potatoes until cooked.

5-Peel the potatoes skin off. Add salt, pepper, garlic, and olive oil, then mash them together until smooth.

6-To assemble Moussaka, use a small baking dish.

7-Start with a layer of eggplants. Then add an even layer of mashed potato. Next add half a jar of Exotic Bazaar Tagine and smooth out with a spatula. Repeat with another layer of eggplants and finish with mashed potatoes.

8-Bake in the 180°C hot oven for about 30 minutes or until golden brown.



TIPS

- You can slice the potatoes instead and bake them with your eggplants in the oven
- You can have more layers if you wish but make sure you finish it off with the mashed potatoes on the top layer.

A glass cup filled with a creamy, light-colored dessert, topped with a generous amount of yellow custard. The custard is garnished with fresh green pistachios and several pink rose petals. The cup is placed on a white, lace-like doily on a dark, textured surface.

BASTANI SONNATI



Bastani Sonnati - Saffron Ice Cream



Bastani Sonnati translates to "Traditional Ice-Cream". There are famous ice cream shops in Iran owned by family businesses that have been running for generations. They have been serving nothing but this scrumptious ice cream, each with a unique secret recipe. I have many beautiful memories with my friends gathering at one of these shops in Tehran for hours enjoying each other's company and our many servings of this Bastani. Here is my quick and easy version of this exotic ice cream.

INGREDIENTS:

1 Litre of Vanilla Ice Cream
1/2 Tsp Grounded Cardamom
1/4 Cup Rose Water
1/3 Cup Crushed Pistachios
1/4 Tsp Grounded Saffron - Bloomed
[Organic Rose Petals From Exotic Bazaar](#)

METHOD

1-Let your ice cream soften at room temperature or in the fridge.

2-Add all the other ingredients and mix through the softened ice cream gently until thoroughly combined.

3-Place the ice cream back in the freezer for at least 1 hour.

4-Once set garnish the Ice cream with dried rose petals.

**As an alternative option you can use wafers to serve this as an ice-cream sandwich or on a cone.





HALVA IRANI





Halva Irani



Halva is originally an Arabic dessert literally meaning “sweet”, but it has found its way to many nations such as the Indian, Persian, Greek, Jewish and Turkish community. Iranian halva is made with toasted wheat flour and the sweetness comes from the aromatic rose water syrup.

INGREDIENTS:

2 Cups Plain Flour
1.5 Cup Oil

GARNISH:

Almond Flakes
Organic Rose Petals (available on the website)
Slivered Pistachio (optional)
Coconut Powder (optional)

INGREDIENTS FOR SYRUP:

1.5 Cup Sugar
1 Cup Rose Water
2 Tbsp Bloomed Saffron (Check out the first recipe on this book for instruction)
1 Tsp Cardamom Powder



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METHOD:

SYRUP:

- 1-Mix water, sugar and cardamom in a sauce pan over a medium heat until it starts to boil
- 2-Add rose water and bloomed saffron. Bring it back to the boil.
- 3-Turn off the heat and set aside to cool down.

FLOUR MIX:

- 1-Use a non-stick pan and place over low heat.
- 2-Add the flour to pan and keep stirring for about 15 minutes, until the flour is slightly toasted and the colour has changed to light brown.
- 3-Then add the oil and keep stirring until it looks fully brown. If you prefer a deeper brown colour, fry the flour for a little longer. Some may add one or two tsp of cacao powder.
- 4-Add syrup. Be careful here, because the Halva mix is very hot and when you add the liquid it can splash out on your clothes. Keep mixing until you reach a thick paste consistency.
- 5-Remove from the heat and continue stirring or shake the pot holding the handles from side to side until you see your Halva is coming together and releasing its oil.
- 6- Serve in a plate or a flat dish and decorate with garnish while it is still warm.
- 7-After it has cooled down, store in the fridge. Halva can be served cold or at room temperature.
- 8-Enjoy this dessert with a cup of black tea.

PERSIAN LOVE CAKE





Persian Love Cake

 50 mins

 6-8

This luxuriously beautiful cake is a perfect way of showing love to someone. I personally believe cooking or baking is the ultimate way of loving someone because you are giving them the most priceless gift you can offer- your time and creativity. Hope this cake brings lots of joy to you.



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INGREDIENTS:

Exotic Bazaar Persian Love Cake (Cake Mix, Icing, Garnish, Rosewater)

2 Eggs (Or equivalent egg replacer)

110g Softened Butter or Margarine

1/2 cup Yoghurt (natural/greek or coconut)

1/4 Cup Water

METHOD:

- 1- Preheat oven to 170C.
- 2- Line a 6" inch cake tin with baking paper.
- 3- Beat the eggs, yoghurt, water, and butter together.
- 4- Gently mix in the content of the cake mix pack.
- 5- Pour the batter into the cake tin, bake for 45-55 minutes. Check with the tooth pick, if it comes out clean, your cake is ready.
- 6- Let the cake completely cool down before decorating.

Icing and Garnish:

Place the Rose Icing mix in a small bowl and mix with 10ml (3/4 tbsp) of rose water (or lemon juice) until all dissolved. Spread the icing on top of your cake.

Garnish with the contents of the Rose, Pistachio & Almond Garnish pack provided.

Enjoy with a cup of cardamom and rose black tea, or a glass of your favourite bubbly.

TIP

- This recipe would make 10 medium cupcakes. Simply put the batter in a cupcake pan and lower the cooking time to about 25 minutes.

You can purchase all the spices and cooking
sauces mentioned in this book from

WWW.EXOTICBAZAAR.COM.AU

Thank You!

A big thank you from the bottom of our heart to you for supporting our family business.

Gila & Gareth

