

Imperfectly Quick-Simmered Persian Stew + Tahdiq (Crispy Rice!) + Marvelous Minty Doogh



tahdiq (crispy rice!)

measure+combine+mash

In a large mixing bowl, measure and combine **2 cups precooked basmati rice**, **3 T liquid from chickpea can** (this acts as a binder!), **2 T full-fat Greek yogurt**, **2 tsp olive oil**, and **½ tsp salt**. Using a potato masher, mash all ingredients until well combined.

heat+scoop+flatten

Heat **2 T olive oil** in a medium skillet. Once oil has warmed, scoop rice mixture into pan. Use a spatula to flatten the rice in a single thin layer. Cover the skillet and allow rice to cook over medium-low heat for about 8-10 minutes until golden and crispy at the bottom. Let rice continue to steam and cool down off the heat while you make the Persian Stew and Minty Doogh.

::recipes continued::

Family Fun Recipes

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imperfectly quick-simmered persian stew

slice+crush+peel+mince

Slice **½ bunch celery (about 5 stalks)**. Slice **2 scallions**. Crush, peel, and mince **1 clove of garlic**.

rip+combine

Use hands to rip up celery leaves (from **½ bunch celery**), **½ bunch of mint**, and leaves from **5 sprigs of cilantro**.

drain+mash+measure+combine

Drain 2 cans organic chickpeas. Use your potato masher to mash the chickpeas in a mixing bowl until they break up a bit (they don't have to be completely mashed!). Measure **½ tsp turmeric**, **½ tsp salt**, and **¼ tsp black pepper** and add to the chickpea bowl.

sauté+add+simmer

Add 2 T olive oil to a medium soup pot and add sliced celery and scallions. Sauté until celery has softened, about 4-5 minutes. Add garlic for the last 30 seconds of sautéing. Add **4 cups vegetable broth** and chickpeas and bring to a simmer.

taste+season+add+squeeze

Once stew has simmered for about 10 minutes, taste and add more salt, pepper, or turmeric. Just before serving, turn off the heat and add torn mint, cilantro and celery leaves. Squeeze juice from **½ lemon** into the stew and stir. Serve topped with pieces of Tahdiq (Crispy Rice!).

::recipes continued::

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marvelous minty doogh

rip+measure+add

Rip leaves from $\frac{1}{2}$ bunch mint and add to a blender. Measure $\frac{1}{4}$ cup sugar, a pinch of salt, $\frac{1}{2}$ C full-fat Greek yogurt, and 2 cups water to the blender.

blend+pour+enjoy!

Puree until smooth, then pour into cups and enjoy!

::continued::



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shopping list!

Imperfectly Quick-Simmered Persian Stew

- ½ bunch celery
- 2 scallions
- 1 clove garlic
- ½ bunch fresh mint
- Few sprigs cilantro
- Juice from ½ lemon
- 2 cans organic chickpeas
- 4 cups vegetable broth
- ½ tsp ground turmeric
- ½ tsp salt
- ¼ tsp black pepper

Tahdiq (Crispy Rice!)

- 2 cups precooked basmati rice (about 10 ounces)
- 3 T chickpea liquid (from a can of organic chickpeas)
- 2 T full-fat Greek yogurt
- 3 T olive oil
- ½ tsp of salt

Marvelous Minty Doogh

- ½ bunch fresh mint
- ¼ cup sugar
- ½ cup full-fat Greek yogurt
- Pinch of salt

::continued::

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What exactly is Tahdiq?!

Pronunciation: tah-DEEG

TAHDIQ is the name for the **crispy layer of rice at the bottom of the pot.**

In Persian, it translates to “bottom of the pot” and looks like a perfectly caramelized layer of delicious cooked rice, when cooked correctly!

Tahdiq is created by adding an extra layer of cooking fat on the bottom of the pot, so that the bottom layer gets crispy and fried while the rest of the rice steams.

Tahdiq is so well-loved that, when someone cooks it and it turns out well, it’s always mentioned the next day. “The Tahdiq turned out well.” And if it didn’t come out well, it’s not mentioned at all!

The Surprise Ingredient: Celery!

- ★ Like so many other vegetables and fruits, celery was first used as medicine before it was ever consumed as food. It was used as medicine for toothache, insomnia, high blood pressure, and to cleanse the blood.
- ★ The oldest record of the use of celery is in a poem written in the 9th century (over a thousand years ago!).
- ★ It took a long time before celery was first eaten as food (records show this was in France almost 400 years ago). This is probably because the wild forms of celery were very strong in flavor.
- ★ Celery was once used as a "bouquet of flowers", and given to winners of athletic games in the Ancient Greece.
- ★ Celery is high in Vitamin K! Vitamin K helps our blood clot; when we cut our finger or scrape our knees, blood clotting helps stop the bleeding.
- ★ Celery leaves contain the most nutrition of the whole plant! They’ve got the most Vitamin C, calcium, and potassium of any part part of the plant, including the stalks, seeds, and flowers

Time for a laugh!

Why did the gardener quit? **Because his celery wasn't high enough!**

Why are celery stalks leaves never lonely? **Because they come in bunches!**

What kind of socks do you need to plant celery? **Garden hose!**

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