

# NOON RECIPE

Bread:

13 cups flour

6 cups warm water, divided

3 Tbsp active dry yeast

4 tsp baking powder

4 tsp salt

black sesame seeds and nigella seeds to roll into bread

1. Dissolve Yeast into 2 cups of warm water.
2. Whisk Flour, baking Powder and Salt together in large bowl.
3. Pour Yeast mix and 4 remaining cups of warm water into dry ingredients.
4. Mix thoroughly until combined and then place dough onto floured surface.
5. Knead dough until gluten is developed and dough ball appears smooth.
6. Cover and place in warm environment until risen to at least 1 1/2 times original size.

## KUBIDEH MIX RECIPE

20 eggs

10 ground and drained medium yellow onions

1/2 cup turmeric

1/4 cup plus 2 T. each: cinnamon, salt, pepper

4 T sumac

1. Thoroughly combine all ingredients.

## KUBIDEH RECIPE

2 qts Kubideh Mix

10 # Halal Ground Beef

1. Mix thoroughly between hands until a smooth consistency.

# KOOKOO SABZI RECIPE

6 cups mint leaves  
6 cups basil leaves  
10 bunch parsley (cleaned)  
6 bunch cilantro (cleaned)  
9 bunch scallion (cut into 1 inch segments)  
6 bunch dill

2 bags frozen spinach (thawed)

1 1/2 cup flour  
3 Tbsp turmeric  
3 Tbsp salt  
3 cups walnuts (ground)

30 eggs (beaten)

1. Grind first 6 ingredients in the food processor.
2. Thoroughly mix ground ingredients, spinach and dry ingredients together.
3. Mix in beaten eggs until a smooth consistency is formed.
4. Bake mix in a well greased hotel pan in 400 degree oven until firm.

# Gormeh Sabzi

1/2 cup olive pomace oil  
15 onions (thinly sliced)

15 bunch parsley (cleaned)  
6 bunch cilantro (cleaned)  
12 bunch scallions (cut into 1 inch segments)  
3 bunch dill (1/3 box)  
3 bunch basil (1/3 box)

4 bags frozen spinach  
1 bag dry fenugreek  
4 dried limes

1 1/4 cup turmeric  
1/2 cup salt  
2 Tbsp pepper

8 qts water  
1/3 cup vegetable base  
4 pounds dry kidney beans (rehydrated)

4 cups lime juice

1. Grind fresh herbs in food processor.
2. Heat large pot on high heat until hot enough oil almost smokes when added to it.
3. Add oil and onions to pot and cook over high heat (stirring) until onions turn golden brown.
4. Add herbs to pot and stir until herbs wilt and begin to release aroma.
5. Add all remaining ingredients (except lime juice) into pot and simmer (stirring occasionally) for 1 hour.
6. Take off heat and stir in 4 cups lime juice.

# Fesenjan Sauce

10 onions (thinly sliced)

1/4 cup turmeric

1/4 cup salt and pepper mix

2 qts walnuts (finely ground in processor)

4 qts chicken broth

4 bottles pomegranate syrup

1 cup cornstarch

1 cup water

1. Caramelize onions in large pot until golden brown.
2. Season onions with turmeric and salt and pepper.
3. Stir in walnuts and cook (stirring constantly) over medium heat until mixture thickens and releases nutty aroma.
4. Add chix broth and pomegranate syrup to pot and bring to simmer.
5. Combine cornstarch and water into slurry and stir into simmering sauce.
6. Continue to simmer (stirring) until sauce thickens and has no starchy taste remaining.

# Salad Shirazi

24 tomatoes (small diced)  
12 english cucumbers (small diced)  
2 onions (small diced)  
1 cup lime juice  
2/3 cup extra virgin olive oil  
1 cup mint (chopped)  
2 Tbsp Salt  
1/2 tsp black pepper

1. Combine all ingredients.

# Maast-o Khiair

8 english cucumbers (grated)  
2 onions (grated)  
1 cup fresh mint (chopped)  
1/4 cup fresh dill (chopped)  
2 tubs yogurt  
2 cups golden raisins (soaked)  
1/4 cup salt  
1 tsp black pepper  
1 Tbsp dry mint

1. Combine all ingredients

# Torshi-e Makhlut

3 heads cauliflower (broken into small florets)  
1 bag green pepper (small diced)  
1 bag celery (small diced)  
1 bag turnip (small diced)  
12 english cucumbers (small diced)  
5# carrots (shredded)  
1 bag cabbage (shredded)  
2 bunch parsley (ground)  
1 bunch each dill, mint, cilantro, scallion, basil (ground)

1/2 cup garlic (ground)  
10 shallots (ground)  
1 bag eggplant (small diced)  
2 gallons white vinegar  
2/3 cup turmeric  
1/4 cup fenugreek seeds  
1 bag nigella seeds  
1 cup salt  
1/4 cup black pepper

1. Combine second group of ingredients in a large pot and bring to low boil.
2. Combine first set of ingredients in giant pot and thoroughly mix.
3. After brine has boiled for at least 5 min pour over other ingredients.
4. Thoroughly combine all ingredients and leave at room temp for 4 hours.
5. Place into large containers and refrigerate.



# Halva

6 cups sugar

3 cups water

1 bottle (8.25 oz) rosewater

1 tsp safflower

9 cups flour

3# butter

1. Make syrup by bringing first four ingredients to a low boil.
2. Make roux by melting butter and gradually whisking in flour.
3. Cook roux (whisking constantly) until it begins to smell a bit nutty and darkens very slightly in color
4. Pour syrup (whisking constantly) gradually into roux.
5. Whisk halva base until it begins to bubble and no longer tastes of flour.
6. Pour into well greased container and refrigerate.

# Yakh Dar Behesht

1 gallon whole milk  
1 qt sugar  
5 qts water  
1 bottle (8.25 oz) rosewater

1 qt cornstarch  
1 qt water

1. Lay out around 40 dessert containers on a clean table and have large, clean pitcher handy.
2. Combine first four ingredients and bring (stirring occasionally) to simmer.
3. Mix 1 qt cornstarch and 1 qt water in bowl until a smooth slurry forms.
4. Gradually stir slurry into simmering ingredients and whisk constantly until mixture thickens and comes to low boil.
5. Working quickly, use pitcher to fill dessert containers, whisking mix occasionally as you work to avoid lumps.
6. Leave containers unlidded until they stop steaming and begin to set.
7. Lid containers and refrigerate them.

# Bastani-e Gol-o Bolbol

3 qts 1/2 and 1/2

3 qts heavy cream

1 tsp saffron ground in food processor with 1 cup sugar

1 qt sugar

1/2 cup rosewater

18 egg yolks

1. Bring all ingredients (except egg yolks) to a simmer (stirring occasionally).
2. In large bowl gradually whisk hot ingredients into egg yolks, working slowly so as not to scramble eggs.
3. Return mix to low heat and whisk constantly until mixture thickens slightly.
4. Pour base through strainer and refrigerate.

# Shir Birenj

8 qts cooked rice  
1 gallon whole milk (and more as needed)  
1 qt heavy cream  
1 qt half and half  
1 qt sugar  
1/2 cup rosewater  
2 Tbsp ground cardamom

1. Combine all ingredients and cook (stirring occasionally) over medium heat until mixture reaches simmer.
2. Keep stirring ingredients and top off with more milk as needed to keep mixture wet.
3. Cook until rice softens and then allow rice to absorb remaining liquid until a smooth consistency is reached.
4. Remove from heat and refrigerate.

# Sharbats

## Mint Vinegar

3 qts sugar  
2 qts vinegar  
1 bunch mint

1. Combine ingredients in pot and bring to simmer.
2. Once sugar is completely dissolved into syrup pour mix into drink dispenser and fill with water to top.
3. Remove cooked mint and replace with one bunch fresh mint.

## Orange

4 qts orange juice  
3 qts sugar  
1 bottle rosewater  
1 qt lime juice

1. Combine ingredients in pot and cook until sugar is completely dissolved.
2. Pour into dispenser and fill with water to top.

## Lime

2 qts lime juice  
2 qts sugar  
zest of 6 limes  
1/2 bottle rosewater

1. Combine all ingredients in pot and cook until sugar is completely dissolved.
2. Pour into dispenser and add 12 qts water.