

Salad-e-Shirazi

From A to Z

(Shirazi Salad)



What is it?

A cool, crunchy chopped salad that goes perfectly with the soothing stews and luxurious rice dishes of Persian cuisine. Persians like this quite sour.

The Trick?

Cut all your ingredients into similarly small pieces so that when you eat a forkful, you get a taste of everything at once.

Ingredients:

- 3 or 4 small Persian cucumbers
- 2 medium-sized tomatoes
- ¼ or ½ of a medium-sized onion
- ½ tbsp Salt
- ¼ tbsp pepper
- Dried mint, basil or dill
- Olive oil
- Lime/lemon juice



Instructions:

1. Peel the cucumbers or if they have soft skin, you won't need to peel. Finely dice the cucumber into 5mm cubes. Dice the tomatoes to match. Also the onion.
2. Use ripe tomatoes if you can, but avoid extra ripe ones.
3. Traditionally, dried, crushed mint is what's used. Also, a variety of fresh herbs would do (about 2 table spoon). You can use just one of the three herbs or any combination of dried mint, dill and basil that's available to you.

Dressing (use one or mix all):

Aside from 3 tbsp of extra-virgin olive oil a good pinch of salt and pepper, you can combine fresh lemon juice, sour grape juice (ab-e-ghooreh) and apple cider vinegar, or just use one of them.

Bon Appetit

Persian Cucumber Dip

Mast-o-Khiyar

What is it?

This refreshing cucumber yogurt is loved all over the Middle East. It is often served alongside kebabs or other grilled meats, which according to traditional Persian medicine have a 'hot' effect on the body during digestion. The yogurt, cucumber and mint combination counteracts this by balancing the meal with the requisite coolness. Serve it with some raw vegetables to dip into it.

Ingredients:

- 2 or 3 small Persian cucumbers
- 500g Plain (or Greek) Yogurt
- ½ tbsp Salt
- ¼ tbsp pepper
- 2 tbsp dried mint and/or dill
- ½ garlic clove, crushed
- Olive oil & lime juice (optional)



Instructions:

1. Grate the cucumbers.
 2. Mix the cucumber into the yoghurt.
 3. Add the garlic, mint or/and dill.
1. Add salt & pepper.
 2. Serve with pitta bread or chips.

Bon Appetit