

Spice Up Your Winter!

Maynard Library Spice Club

SUMAC & ADVIEH

SPICE INFORMATION



Made from the dried and ground berries of the wild sumac flower, sumac is a tangy spice with a sour, acidic flavor reminiscent of lemon juice. The processed sumac takes on a dark red-burgundy color and the texture of ground nuts. Similar to salt, it brings out the natural flavors of the foods it is cooked with. Sumac's tart flavor comes from high amounts of malic acid.

This fragrant spice is used to brighten up dry rubs, spice blends like za'atar, and dressings. Sumac is also commonly used as a garnish, to add a pop of bold color or slight acidity to a dish before serving. Try sprinkling a pinch of sumac over hummus and creamy dips, salads, side dishes, and fish. Sumac blends exceptionally well with other spices such as allspice, chili, thyme, and cumin.

The sumac plant is a wild bush (*Rhus Coriaria*) that primarily grows across the Mediterranean region, stretching from Italy to Greece to Lebanon. While sumac is most commonly used in the Middle East, and can be found cultivating in places like Turkey and Iran, the sumac flower is also grown in temperate and subtropical areas of Africa and North America.

Sumac has been used for medicinal and culinary purposes around Europe, Africa, and the Middle East since medieval times, and was frequently used in Roman kitchens as a source of acidity prior to the arrival of lemons to the area.

In North America, sumac has historically been used by Native Americans to create healing beverages and smoking mixtures for ceremonial purposes.

Advieh is an aromatic Persian spice blend comparable to the Indian garam masala that is used for a variety of Persian recipes such as rice pilafs, grilled meats, stews, vegetables dishes, frittatas, soups, pickles and more.

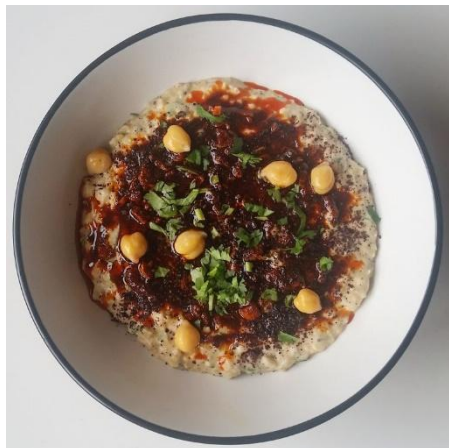
A staple in Persian kitchens, this spice blend has some common ingredients with garam masala, but it is milder and not hot at all. There are a number of variations depending on the use of the spice and the region. You can see some variations at <https://www.thedeliciouscrescent.com/advieh-persian-spice-mix/>. Your spice sample is most like Advieh Khoresh and is made from cinnamon, cumin, cardamom, ginger, cloves, rose petals, ground lime and angelica.

SUMAC RECIPES

Turkish Style Hummus with Sumac

<https://www.veggiegib.com/hummus-with-sumac/>

2 Servings Cooking time: 15 Minutes



INGREDIENTS

200 g cooked chickpeas (½ of a 15 oz can)
5 Tbsp hot water
½ lemon, juiced
2 Tbsp tahini
1½ tsp sumac
½ tsp ground cumin
1 Tbsp chopped cilantro
1 Tbsp smoked paprika
2 cloves of garlic, diced
2 Tbsp olive oil

INSTRUCTIONS

1. Reserve some chickpeas for garnish. Put the remaining chickpeas on a plate and crush with a fork.
2. Add the hot water to the tahini and mix to create a thin paste. Add a pinch of salt to season and the juice of half a lemon. Combine with the mashed chickpeas.
3. Sprinkle 2 tsp of cilantro leaves on top with 1 tsp of sumac and the cumin

4. In a small frying pan over high heat, add the olive oil. Add the diced garlic and the smoked paprika. Take off the heat and sizzle in the residual heat. Spread over the hummus.
5. Sprinkle the remaining sumac and cilantro on top with the reserved chickpeas and a little more tahini on top.

Herby Feta and Yogurt Dip with Sumac

<https://getrecipecart.com/recipe/herby-feta-and-yogurt-dip-with-sumac/>

6 servings (about 1 1/4 cups), 5 minutes, plus chilling

INGREDIENTS



1 cup full-fat Greek yogurt
 ¾ cup crumbled feta cheese
 1 tablespoon lemon juice
 3 tablespoons chopped fresh parsley, plus more for serving
 2 tablespoons chopped fresh mint, plus more for serving
 2 tablespoons thinly sliced scallions, plus more for serving
 2 teaspoons dried sumac, plus more for serving

Salt, to taste
 Olive oil, for serving
 Pita chips or crudités, for serving

PREPARATION

1. Add the yogurt, feta and lemon juice to the bowl of a food processor. Purée the mixture until smooth, about 2 minutes. Add the parsley, mint, scallions and sumac, and pulse a few times just to combine.
2. Transfer the dip to a bowl, cover and refrigerate for at least 1 hour before serving.

Just before serving, give the dip a good stir and add salt to taste, if necessary. Top the dip with a drizzle of olive oil and sprinkle with additional parsley, mint, scallions and sumac. Serve with pita chips or crudités.



Turkish Sumac Onions

<https://littleferrarokitchen.com/sumac-onion/>

Servings: 4 Total Time: 10 mins

INGREDIENTS

- 1 medium red onion, sliced thin
- 2 tbsp olive oil
- 1 tbsp sumac
- Juice of 1 lemon
- 1/2 tsp kosher salt
- 1 small bunch fresh parsley leaves, roughly chopped

INSTRUCTIONS

Add all ingredients to a bowl and toss to combine. Taste for seasoning and adjust as needed (more salt or more sumac, for example). Let marinate while you prepare the rest of your meal.

Fattoush

<https://www.bonappetit.com/recipe/fattoush>

6 to 8 Servings

INGREDIENTS

DRESSING

- 4 teaspoons ground sumac
- 3 tablespoons (or more) fresh lemon juice
- 2 tablespoons (or more) pomegranate molasses
- 2 small garlic cloves, minced
- 2 teaspoons (or more) white wine vinegar
- 1/2 teaspoon dried mint
- 3/4 cup extra-virgin olive oil
- Kosher salt

SALAD

- 2 8-inch-diameter pita breads, halved, toasted until golden brown, broken into bite-size pieces
- 1/4 cup extra-virgin olive oil
- Kosher salt
- 3 medium ripe tomatoes, chopped, or 4 cups cherry tomatoes, halved
- 1 pound Persian cucumbers, or one 1-pound English hothouse cucumber, quartered lengthwise, thinly sliced crosswise
- 6 scallions, thinly sliced
- 2 Little Gem or baby romaine lettuces, or 1 small head romaine lettuce, trimmed, cut crosswise into 3/4-inch strips
- 2 cups (loosely packed) flat-leaf parsley leaves
- 2 cups purslane leaves or additional 3/4-inch-strips romaine lettuce
- 1 cup fresh mint leaves
- Ground sumac (optional)



INSTRUCTIONS

1. Make the dressing: Soak the sumac in 4 teaspoons warm water for 15 minutes. Combine sumac with soaking liquid, 3 Tbsp. lemon juice, 2 Tbsp. pomegranate molasses, garlic, 2 tsp. vinegar, and dried mint in a small bowl. Gradually add oil, whisking constantly, until well blended. Season with salt; add more lemon juice, pomegranate molasses, and vinegar to taste, if desired.
2. Place pita pieces in a medium bowl; pour oil over and toss to coat. Season with salt.
3. Mix tomatoes and next 6 ingredients in a large bowl. Add $\frac{3}{4}$ of dressing; toss to coat, adding more dressing by tablespoonfuls as needed. Season with salt. Add pita; toss once. Sprinkle sumac over, if desired.

Spiced Roasted Carrots with Sumac Whipped Feta

<https://www.oliveandmango.com/spiced-roasted-carrots-with-sumac-whipped-feta/>

Servings: 4-6 (as side or appetizer) Cook Time: 20-35 mins

INGREDIENTS

For the Spiced Carrots

3 tablespoons olive oil
2 tablespoons honey or brown sugar
 $\frac{1}{2}$ -1 teaspoon Aleppo pepper or chili flakes
 $\frac{1}{4}$ teaspoon cumin
 $\frac{1}{4}$ teaspoon paprika
 $\frac{1}{8}$ teaspoon cinnamon
Salt and pepper to taste
 $\frac{1}{4}$ teaspoon of cayenne powder
8-10 small-medium sized carrots

For the Sumac Whipped Feta

4 ounces feta cheese
 $\frac{1}{2}$ cup whole fat Greek yogurt
1 tablespoon extra-virgin olive oil plus more if needed
1 teaspoon sumac plus more for garnish
1 teaspoon fresh lemon juice

For Topping (all optional)

$\frac{1}{4}$ cup pomegranate seeds
 $\frac{1}{4}$ cup pistachios, rough chopped
Chopped fresh parsley
Crumbled feta

INSTRUCTIONS

For the carrots

1. Preheat oven to 425°F.
2. Scrub carrots and, depending on size, cut them in half lengthwise.
3. Place carrots on Sheetpan
4. Drizzle with olive oil, honey and spices; toss well to coat and season well with salt and pepper.
5. Roast in the oven for anywhere from 18-30 minutes, depending on the size of your carrots tossing them halfway through. They should be fork tender and caramelized on the outside.



For the sumac whipped feta

1. In a food processor, blend the feta, yogurt, oil, lemon juice and sumac until smooth
2. Dollop and spread whipped feta on the bottom of a serving plate and top with carrots
3. Sprinkle with pistachios, pomegranate arils, fresh chopped parsley or cilantro and more crumbled feta if you desire.

Honey and Sumac Charred Sweet Potato Slices

<https://www.saltandlavender.com/honey-and-sumac-charred-sweet-potato-slices/>

Servings: 2 Total time: 38 mins

INGREDIENTS

- 1 large sweet potato, scrubbed but not peeled
- 2 tablespoons olive oil
- 2 tablespoons liquid honey
- 1 tablespoon ground sumac
- Pinch of salt

INSTRUCTIONS

1. Pre-heat oven to 425F. Line a baking sheet with foil.
2. Cut sweet potato into 1/4 inch slices. Toss them in a bowl with olive oil, honey, sumac, and salt. I found using two spoons to do this was the easiest way.
3. Place sweet potato slices on baking sheet in a single layer. Bake for 30 minutes. Serve hot.



Sumac And Olive Oil-Roasted Salmon with Spiced Carrot Salad

<https://www.olivemagazine.com/recipes/fish-and-seafood/sumac-and-olive-oil-roasted-salmon-with-spiced-carrot-salad/>

Total time 40 mins

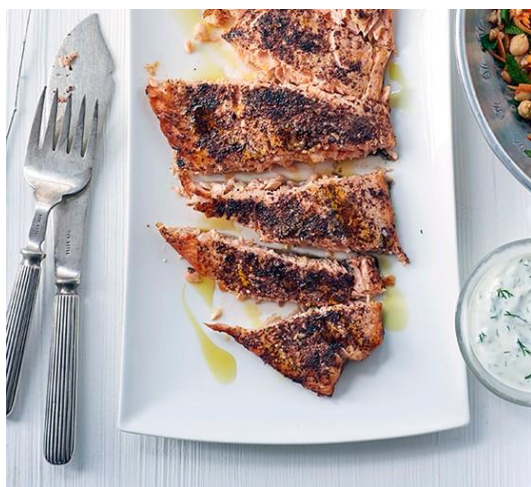
Serves 8, adjust accordingly!

INGREDIENTS

- 1 whole side salmon, skin on (4-5 pounds)
- olive oil
- ½ tsp sea salt
- 2 tsp sumac
- 150ml natural yogurt
- ½ clove garlic, crushed
- a small bunch dill, chopped

SPICED CARROT SALAD

- 150g pearled spelt (or farro or emmer)
- 500g carrots, peeled and shredded
- 400g can (15 oz) chickpeas, rinsed and drained
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp olive oil
- 2 lemons, juiced
- a large bunch flat-leaf parsley, chopped
- a large bunch mint, chopped



INSTRUCTIONS

1. To make the salad, simmer the spelt in salted water until it is tender but still a bit nutty, about 15-20 minutes. Drain really well then tip it into a large bowl. Add all the other ingredients except the herbs and toss together. Season really well.
2. Heat the oven to 425 degrees. Put the salmon skin-side down on an oiled baking tray with a lip. Spoon 3 tbsp olive oil over the salmon then sprinkle over the sea salt and sumac. Roast for 15-20 minutes until the salmon is just cooked, then rest for 5 minutes.
3. Add the herbs to the salad and toss again. Mix the yogurt with the garlic and dill. Serve the salmon with salad and yogurt.

Kofte and Ground Sumac

<https://www.bodrumnyc.com/blog/kofte-ground-sumac>

INGREDIENTS

- 3 Tbsp sumac
- ½ bunch fresh parsley, chopped
- 2 pounds ground beef (or other chosen meat)
- 4 tablespoons breadcrumbs
- 2 onions, finely chopped
- 4 cloves garlic, crushed
- pinch of salt
- 4 Tbsp meatball spice (or dried thyme)
- 2 Tbsp ground pepper
- 2 eggs
- 3 Tbsp cumin
- 4 cups yogurt



INSTRUCTIONS

1. Place the ground meat in a deep, medium-sized bowl, adding onion, parsley and garlic. Mix well, so that you have an even distribution. Add the spices and eggs. Mix with your hands. Shape the mixture into round balls or finger-shaped logs.
2. Fry them all in oil until they are cooked through. Drain on paper towels.
3. Make the sauce by combining the salt and crushed garlic with the yogurt until creamy.
4. Arrange the meatballs on a serving tray, and drizzle the sauce over them, while the koftes are still warm. Sprinkle with the ground sumac and finely chopped parsley. Serve with salad and rice.

Palestinian Roast Chicken with Sumac and Red Onions (Mussakhan)

<https://www.saveur.com/palestinian-roast-chicken-with-sumac-and-red-onions-recipe/>

Servings: 6 Time: 2 hours, 20 minutes

INGREDIENTS

2 1/4 lb. skin-on chicken legs, thighs and drumsticks separated
1/4 cup extra-virgin olive oil, divided, plus more for drizzling
1 tbsp. plus 1 1/2 tsp. ground sumac, plus more for sprinkling
1/2 tsp. ground allspice
1/2 tsp. ground cumin
1/4 tsp. ground cinnamon
3 tbsp. fresh lemon juice
4 medium garlic cloves, coarsely crushed in a mortar and pestle (1 Tbsp.)
1 1/2 tsp. kosher salt, plus more as needed
1/4 tsp. freshly ground black pepper, plus more as needed
2 large red onions, halved then thinly sliced (2 2/3 cups)
2 tbsp. pine nuts
Naan or Arabic taboon bread, for serving
1/4 cup coarsely chopped flat-leaf parsley



INSTRUCTIONS

1. Use a paring knife to slash the flesh of each piece of chicken against the grain a few times, then transfer the meat to a large bowl or plastic container. Add 3 tablespoons of olive oil, the sumac, allspice, cumin, cinnamon, lemon juice, garlic, salt, and pepper. Mix well, using your hands to rub the marinade into the meat. Add the onion and toss with the chicken, then cover and refrigerate for 1–3 hours.
2. When you are ready to cook the chicken, set a rack in the top third of the oven and preheat to 350°F.
3. Line a large rimmed baking sheet with aluminum foil, then add the chicken, skin-side up. Scatter the onion around the pan, discarding any extra marinade in the bottom of the bowl. Roast until the chicken skin is deep golden and its juices run clear when the chicken is pierced with a paring knife at its thickest parts, 50–60 minutes.
4. Remove the baking sheet, then tent the chicken with aluminum foil and let rest while you prepare the toppings. Leave the oven on. Place the bread on a clean baking sheet and transfer to the oven to warm it through and lightly toast it.
5. Meanwhile, line a small, heat-resistant plate with a paper towel and set it by the stove. In a small pot over medium-low heat, add the remaining tablespoon of olive oil and the pine nuts. Cook, stirring constantly, until the nuts are fragrant and light golden brown, about 2 minutes. Transfer the nuts to the prepared plate to drain and cool slightly.

6. Remove the bread and transfer to a large serving platter. Top it with the chicken pieces and onion, sprinkle with the pine nuts, a little sumac, and the chopped parsley, then drizzle with any remaining roasting juices and more olive oil as needed to moisten the bread. Serve hot, with more bread on the side if desired.

ADVIEH RECIPES

Cream of Barley Soup (Soup Jo)

<https://www.thedeliciouscrescent.com/persian-creamy-barley-soup/>

Servings: 10 Cups



INGREDIENTS

- 1 tablespoon olive oil
- 1 onion large, chopped
- 2 cloves garlic grated
- ½ cup barley
- 2 cups leeks and/or mushrooms, chopped
- ½ cup carrot grated
- ¼ cup celery chopped
- 2 bay leaves
- ½ teaspoon Advieh Persian spice mix
- ½ teaspoon turmeric
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 quarts vegetable broth or chicken broth, low sodium
- 2 tablespoons lemon juice or more
- ½ cup sour cream low fat
- 3 tablespoons cilantro chopped

INSTRUCTIONS

1. Heat the oil in a large cooking pot. Sauté the onions. Add garlic and stir. Sauté till the onions turn light golden brown.
2. Add barley, leeks/mushrooms, grated carrot, celery, bay leaves, spices, salt, pepper and stir. Sauté a few minutes. Add the chicken broth. Bring it all to a boil. Lower the heat and simmer for about an hour or more until the barley has cooked to a very soft texture.
3. Using a hand blender or a table top blender process half of the soup ingredients to a smooth consistency. Mix it back with the remaining soup.
4. Adjust the consistency of the soup with more broth if needed. Adjust the salt and seasoning. Add lemon juice as per taste.
5. Scoop out some soup into a bowl and mix with sour cream and return it back to the soup pot and stir it.
6. Stir one tablespoon of cilantro into the soup. Garnish the Persian Creamy Barley Soup with the remaining cilantro.

Lubia Polo (Persian Green Bean Rice)

<https://www.thedeliciouscrescent.com/persian-lubia-polo/>

Servings: 10 Cups

INGREDIENTS

- 2 cups basmati rice white
- 3 tablespoons olive oil
- 1 onion medium, chopped
- 3 cloves garlic grated
- 1 pound lamb ground, 90% lean
- 1 teaspoon advieh Persian spice mix
- 1 teaspoon cayenne pepper
- ½ teaspoon ground cumin
- 1 teaspoon turmeric
- ½ teaspoon ground black pepper
- 1 teaspoon dried thyme or dried savory
- 1¼ teaspoon salt (to taste)
- 1 teaspoon dried lime powder or 2 tablespoons lemon juice
- 1 pound green beans cut into ½ inch (fresh or frozen)
- 6 ounces tomato paste
- ⅓ teaspoon saffron powdered and dissolved in 2 tablespoons hot water



INSTRUCTIONS

Directions for a rice cooker or oven can be found in the recipe link

1. Heat 2 tablespoons olive oil at medium setting in a cooking pot. Add the chopped onions and sauté few minutes. Then add the grated garlic and continue to sauté until the onions are light golden brown.
2. Add the ground lamb and sauté. Then add all the spices, dried herbs, ½ teaspoon salt (advieh through lemon powder) and stir for 2 to 3 minutes. Add the green beans.
3. Next add the tomato paste and mix it well. If the mixture is too thick, add some water, cover and let it simmer until the beans are ¾th done. It will continue to cook in the steaming process in the next steps. The mixture should be moist but not too wet.
4. Rinse the white basmati rice in water several times until the water is clear and not starchy. Then drain the rice very well in a colander.
5. Bring 6 cups of water and 1 tablespoon salt to a boil. Add the rice and allow it to boil at medium high heat for about 5 to 6 minutes until the rice grains are soft. Stir the rice in between. Drain the rice and set aside.

6. Place the cooked rice with the sautéed meat/green bean mixture in several alternating layers in a heavy bottomed wide cooking pot. Sprinkle 1 tablespoon olive oil and saffron water all over.
7. Turn up the heat to medium high for about 10 minutes and then reduce the heat to the low setting and simmer for about 20 to 30 minutes or more until the steam builds up.
8. Once the rice is ready, turn off the heat. Gently mix the layers of the rice.
9. Serve this Persian lubia polo with salad shirazi or Persian yogurt dip with shallots or a green salad, pickles and/or pickled olives.

Lentils and Rice with Cranberries

thedeliciouscrescent.com

Servings: 9 Cups



INGREDIENTS

- 1½ cups cranberries fresh, (or ¾ cup dried cranberries soaked in water)
- 1 tablespoon honey or maple syrup (for fresh cranberries)
- 2 tablespoon orange rind organic, slivered (or orange zest)
- 1¼ cups lentils
- ¾ teaspoon salt
- 3 tablespoon olive oil
- 1 onion medium, thinly sliced
- 2 to 3 cloves garlic grated
- 1 teaspoon advieh Persian spice mix
- ½ teaspoon ground cumin
- ½ teaspoon turmeric
- ¼ teaspoon ground black pepper
- ½ cup carrot shredded
- 1¾ cups basmati rice white, rinsed 2x
- ½ teaspoon saffron (ground and dissolved in 2 tablespoon hot water)
- 2 tablespoon pistachios toasted, sliced
- 2 tablespoon dates chopped (optional)

INSTRUCTIONS

1. Rinse the fresh cranberries and blot them dry with a paper towel. Add the maple syrup or honey and stir well to coat the cranberries.
2. Spread the berries out on a parchment paper lined baking sheet and bake at 350 degrees F for 30 minutes. Ideally let the baked cranberries rest a day and loosen them out using a fork.
3. Scrub and wash organic oranges really well. Wipe them dry. Peel very thin layers of the orange surface, without the pith. Cut thin slivers of the orange rind.
4. Put the slivered orange rind in a sauce pan and cover with water. Bring it to a boil, then lower the heat and simmer for about 10 minutes. Drain the orange rind and use.
5. Cook the lentils in about 2½ cups of water and ¼ teaspoon of salt. Once well done, drain the lentils and set aside.
6. Heat 2 tablespoon olive oil at medium setting in a cooking pot. Add the sliced onions and sauté few minutes. Then add the grated garlic and continue to sauté until the onions are light golden brown. Add the cooked lentils and stir.
7. Then add all the spices (advieh through black pepper) and stir well. Mix in the cranberries, shredded carrots and slivered orange peel. Simmer 2 to 3 minutes.
8. Boil 6 cups of water with 1 tablespoon salt. Add the basmati rice and let it boil at medium high to high heat for 5-6 minutes until the rice grains are soft. Be sure to stir the rice while it is cooking. Drain the rice well in a colander and set aside.
9. Place the remaining cooked white rice and the lentil cranberry mixture in several alternating layers.
10. Sprinkle saffron water all over. Be sure to also sprinkle the remaining tablespoon of oil on the top.
11. Turn up the heat to medium high for about 10 minutes and then reduce the heat to the low setting and simmer for about 20 minutes or more until the steam builds up well .
12. Once the rice is ready, turn off the heat. Gently and lightly mix the layers of the Persian lentils and rice.
13. Plate the prepared rice on a serving platter. Garnish with shredded carrots, orange rind, cranberries, pistachio slices and dates if you prefer. The rice crust if prepared, may be served on the side.
14. Persian style lentils and rice with cranberries goes well with a yogurt salad such as Persian yogurt dip with shallots.

Gholpi (Afghan Stewed Cauliflower)

<https://www.simplyrecipes.com/gholpi-afghan-stewed-cauliflower-recipe-5225791>

Servings: 4 to 6

INGREDIENTS

- 1 large sweet onion, roughly chopped (about 2 cups)
- 1/4 cup vegetable oil
- 3 Anaheim peppers, divided
- 2 tablespoons tomato paste
- 2 teaspoons curry powder
- 1 teaspoon advieh
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon ground turmeric
- 1 large cauliflower, cut into 2-inch florets
- 3/4 cup water
- 1 teaspoon kosher salt, plus more to taste
- Barbari or lavash, for serving



INSTRUCTIONS

1. In a wok or large sauté pan set over medium-high heat, add the onions. Sauté them, without any oil for about 4 minutes, until they soften, keeping a lid on as much as possible to trap steam. It's okay if they brown around the edges. If they start charring, lower the heat and continue stirring.
2. Stir in the oil and reduce the heat to medium. Continue to sauté for about 2 minutes, until the onions are tender and translucent.
3. Cut off the stem and thinly slice 1 Anaheim pepper. Add the sliced peppers, tomato paste, curry powder, advieh, cayenne, black pepper, and turmeric to the cooked onions. Sauté for about 2 minutes, stirring frequently.
4. Stir in the cauliflower florets, 3/4 cup water, and salt. Cover with a lid and cook for 12 to 15 minutes, stirring occasionally, until you can easily pierce the florets with the tip of a paring knife. Taste the sauce and season with more salt, if needed.
5. Set a small frying pan over medium-high heat. When it's hot, add the remaining 2 Anaheim peppers. Do not move them until they start to char, then turn them every 2 to 3 minutes to char them all over. This will create some peppery smoke, so open your windows!
6. Transfer the gholpi onto a serving platter, being careful not to break or smash the florets. Set the charred peppers on top and serve warm with barbari or lavash.

Zucchini Frittata (Kuku Kadoo)

thedeliciouscrescent.com

Servings: 8 wedges

INGREDIENTS

- 1½ lb zucchini, sliced thin or grated thick
- 1 red onion large or shallots, thinly sliced
- 2 cloves garlic large, grated
- 2½ tablespoon olive oil
- ½ tablespoon butter or olive oil
- 6 eggs large
- ⅓ teaspoon salt
- ½ teaspoon ground black pepper ground
- 1½ teaspoon advieh
- ⅓ teaspoon saffron ground, dissolved in 1
tablespoon hot water
- ½ teaspoon turmeric
- 1½ tablespoon rice flour or all purpose flour
- 1½ teaspoon baking powder
- 3 tablespoon green onions chives or basil, chopped
- ½ cup parmesan or feta (optional) - ⅔rd in the mixture and rest on the top



INSTRUCTIONS

1. Preheat oven to 350° F.
2. Heat 1 tablespoon oil in a 10 inch cast iron skillet. Sauté onions or shallots until translucent. Then stir in grated garlic. Next add zucchini and sauté until soft.
3. Squeeze juices really well and transfer zucchini to another bowl.
4. Whisk the eggs well. In a separate bowl, mix salt, pepper, advieh spice mix, saffron, turmeric, flour and baking powder.
5. First, add a third of the whisked eggs into the spice-flour mixture and mix very well. Pour the remaining whisked eggs and stir. Then add the sautéed vegetables to eggs and combine. Adjust seasoning as per taste.
6. Heat remaining oil in the skillet. Then pour egg-vegetable mixture and bake uncovered for 20 minutes.
7. Remove skillet from oven and spread ½ to 1 tablespoon butter or olive oil and sprinkle chopped green onions, chives or basil.
8. Return skillet to oven and bake for another 5-10 minutes, until it turns golden brown on top. If needed, may broil the top for a minute or so.
9. Run a knife around the baked zucchini omelette to loosen from the pan and cut it into wedges.

Sheet Pan Advieh Chicken

<https://worldspice.com/blogs/recipes/sheet-pan-advieh-chicken>



INGREDIENTS

For the Sheet Pan Chicken:

- 4 teaspoons pacific flake salt
- 3 tablespoons olive oil
- 2 tablespoons Advieh, ground
- 1 15.5oz can of chickpeas
- 1 cup sweet onion, julienned
- 1 lb carrots whole with tops, peeled
- 2 tablespoons plain yogurt
- 3 chicken thighs

Garnish (Optional)

- 3 tablespoons carrot tops, chopped
- 2 tablespoons Roses

INSTRUCTIONS

1. Preheat oven to 425°F. Line a sheet pan with parchment paper or non-stick spray.
2. Combine half of the salt, olive oil and ground Advieh in a large bowl.
3. Add the onion, chickpeas and carrots and toss them until they are coated with the olive oil mixture. Transfer them to the prepared sheet pan and spread them evenly.
4. In the same bowl, add the remaining salt, olive oil and ground Advieh. Mix in the yogurt and coat the chicken thighs.
5. Nestle the chicken thighs in the sheet pan with the veggies. Bake for 40 minutes or until the internal temperature of the chicken is 165 °F. For extra crispy chicken skin broil the sheet pan for the last 2 minutes.
6. Right before serving sprinkle chopped carrot tops and roses for brightness.

Advieh-Spiced Persian Meatballs

<https://worldspice.com/blogs/recipes/advieh-spiced-persian-meatballs>

INGREDIENTS

- | | |
|----------------------------------|---------------------------------------|
| 1 pound lean ground lamb or beef | 1 teaspoon Kosher Salt |
| 2 tablespoons olive oil, divided | 1/2 teaspoon ground Black Tellicherry |
| 1/2 red onion, finely chopped | Peppercorn |
| 4 garlic cloves, minced | 1 teaspoon Sumac |
| 1 tablespoon chopped parsley | 1 tablespoon ground Advieh |
| 1/2 tablespoon chopped mint | 1/4 cup Panko or gluten-free bread |
| 1 egg | crumbs |

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. In a small skillet, add one tablespoon olive oil and saute the onion and garlic over medium heat until softened, set aside.
3. In a large bowl, whisk the egg, and then add the remaining ingredients along with the sautéed onion and garlic and mix well.
4. Form the meat mixture into golf-ball sized meatballs.
5. Pour 1 tablespoon of oil into a shallow Dutch oven or cast iron skillet and heat to medium. Add the meatballs and sear them, turning once, 1-2 minutes per side. Work in small batches until all the meatballs are seared. Then put all the meatballs back in the pan.
6. Place the pan in the oven and cook 10-15 minutes until meatballs are cooked through.



Advieh Almond Cookies

<https://worldspice.com/blogs/recipes/kala-masala-almond-cookies>



INGREDIENTS

- 2-1/4 cups flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon Kosher Salt
- 1/3 cup water
- 1/2 cup unsalted butter (one stick)
- 1/2 teaspoon Vietnamese Cinnamon
- 2 teaspoons Advieh, ground
- 1-1/2 cups granulated sugar
- 1 cup sliced raw almonds

INSTRUCTIONS

1. Sift together flour, baking soda and salt in a medium-sized bowl. Set aside.
2. In a small sauce pan, add the water and butter. Stir until butter is completely melted. Remove from heat and add the spices, sugar and almonds. Add to flour mixture and stir until a ball is formed.

3. On a large piece of plastic wrap form your dough into desired cookie shape. A round tube is the easiest. Freeze the dough 2-5 hours or until the dough is hard enough to easily slice a thin sheet of cookie.
4. Preheat oven to 325 degrees. After dough is frozen, remove and unwrap. Slice the cookies about 1/8 of an inch thick and bake on parchment lined sheet trays. Bake for 14 minutes or until golden brown.
5. Store in an airtight container.

Advieh Date Bars

<https://worldspice.com/blogs/recipes/advieh-date-bars>

INGREDIENTS

Dough:

- 1 cup butter, softened
- 1-3/4 cups rolled oats
- 1-3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 cup brown sugar
- 1 tablespoon ground Advieh
- 1/4 teaspoon Kosher Salt

Filling:

- 18 dates, pitted and cut up
- 1/3 cup sugar
- 1/2 cup water
- 1 teaspoon vanilla extract



INSTRUCTIONS

1. Preheat oven to 350 degrees and butter or spray a 9x9 pan. In a small saucepan, cook date mixture on medium high, stirring and crushing while boiling until dates are soft, about 10 minutes. Remove from heat and add vanilla, mixing well.
2. Mix dry ingredients with butter, until well mixed. Spread half into prepared pan. Spread filling over it, then crumble the rest of oat mixture over filling.
3. Bake until light golden brown, about 30 minutes. Let cool, then cut into squares.

MORE RECIPES

Sumac

<https://www.nigella.com/recipes/guests/josh-katzs-cauliflower-shawarma-with-pomegranate-pine-nuts-and-rose>

<https://thecookreport.co.uk/spiced-sweet-potato-soup/>

<https://www.theflavorbender.com/the-best-sumac-smoked-salmon-dip/>

<https://www.deliciousisrael.com/blog/2019/9/22/ottolenghis-roast-chicken-with-zaatar-and-sumac>

[https://www.yummly.com/recipe/Pan-Roasted-Romanesco-with-Golden-Raisins -Tahini- -Sumac-2528140](https://www.yummly.com/recipe/Pan-Roasted-Romanesco-with-Golden-Raisins-Tahini-Sumac-2528140)

<https://www.mydiaryofus.com/blog/sumac-roasted-chickpea-caesar-salad?rq=salad>

<https://www.thespruceeats.com/spring-peas-with-sumac-and-feta-4038193>

<https://thesaltandsweet.com/spinach-pies-fatayer-bl-sabanekh/#mv-creation-8-jtr>

Advieh

<http://www.mypersiankitchen.com/vegetarian-kotlet/>

<https://www.bbcgoodfood.com/recipes/spiced-sweet-potato-wedges>

<https://curiospice.com/blogs/recipe-library/mazeh-chicken-kabobs>

<https://curiospice.com/blogs/recipe-library/mazeh-spice-amp-black-lime-lentils>

<https://www.thedeliciouscrescent.com/persian-zucchini-stew-khoresht-kadoo/>

<http://www.mypersiankitchen.com/mena-cooking-club-reshteh-polow/>

<http://www.mypersiankitchen.com/macaroni-persian-style-spaghetti/>

<http://www.mypersiankitchen.com/albaloo-polow-persian-rice-with-sour-cherries/>

<http://www.mypersiankitchen.com/persian-rice-cooking-method/>

SHARING RESULTS

We'll have a potluck buffet and discussion on Saturday, March 22 @ 12 pm. Bring a dish to share and let people know your choice at <https://www.maynardpubliclibrary.org/spice>.