AUTHENTIC MIDDLE EASTERN
RECIPES MADE EASY!
EXPLORE
The
BAZAAR
By Gilava Pour
exotic
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Salam :)

Thank you for downloading my dearest collection of family recipes.

My name is Gilava. I was born in Iran and now call Australia home. In Middle Eastern culture, mealtime is a celebration where you come together to feast with loved ones and share a table with plentiful food.

In this ever-evolving collection of traditional recipes, I am extending our family table from our home to yours.

Most of my recipes are vegetarian celebrating what earth gives us first-hand.

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

Noosh-e-Jaan!
(The Persian way of saying Bon-Appetit)

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. We do not use preservatives or any artificial ingredients or fillers.

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

Symbols and Abbreviations

GF Gluten Free
Vegetarian/ Plant-Based
Total Cooking Time
Number of Servings

tbsp = Tablespoon
tsp = Teaspoon
g = Grams
ml = Millilitres
L = Litre

I would love to see your creations and hear your feedback. Please tag us when you post your creations.

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For an authentic experience, I highly recommend you place your food in the middle of the table and invite everyone to serve themselves.

A special thank you to everyone who helped me in the creation of this book especially :
Azi Parsa
Gareth Shuttleworth
Ben Pour
Susan & John Shuttleworth

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The moral right of the author has been asserted.

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SAFFRON BLOOM
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Shop High-Grade Saffron

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About Saffron

One of the most commonly used spices in Iranian cuisine is Saffron.

Although mild in flavour, saffron brings a distinct aroma to any dish, creating a wow factor that would otherwise be missing.

It is the most expensive spice on earth by weight, but a few threads can change the experience of your dish and elevate it to the next level.

To use saffron it's best to "bloom" your saffron into a liquid form by using water to extract the aroma then use the liquid saffron in recipes.

This magical spice is also nature's anti-depressant as it may increase the levels of serotonin in the brain.

There is a saying in Iran that when a kid is too happy or silly they would say: "Did your mum put too much saffron in your rice today"?

That is why I call it "A shot of smile :)"

Saffron Bloom

If you want to make the most out of your precious saffron, you need to brew or "Bloom" it before using it in recipes.

The colour and aroma of saffron are maximised when you first bloom it into liquid form, using water to extract the flavours.

There are two ways to bloom saffron
1- In boiling water
2- In ice

For both methods, 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 or sugar with the saffron, the coarseness of the grains help with the grinding.

Saffron Bloom

1-
Grind the saffron with a pinch of salt or sugar.

2-
Option1- Add in a large ice cube
Option2- Add four table spoons of boiling water to the saffron and cover with foil.

3-
Let the saffron sit for 5-10 minutes until the ice has melted and the colour of saffron has been "bloomed".

TAHDIG
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Iranian Rice with Tahdig

GF 1hr 6

Rice has given pride and is placed in the centre of every Iranian dinner table. Of course there are many ways to cook the rice, however, the correct way (according to us) is by following four steps: ***soak- boil- drain- steam.***

This method creates a rice crust named Tah-dig. This layer of the crust will sit on top of the rice when flipped on the serving plate. It is the part of the dinner table that everyone's eyes are fixed upon. You will be judged if you take an oversize piece!

INGREDIENTS FOR RICE

1 1/2 Cups Basmati or Long Grain Rice
1 1/2 Jasmine Rice
2 tbsp Salt

INGREDIENTS FOR TAHDIG:

2 tbsp Butter Or Ghee
1/4 tsp Saffron Threads
1 cup Greek or Natural Yoghurt (unsweetened)

KITCHEN UTENSILES

1 medium mixing bowl
1 medium non-stick pot/saucepan (around 20 cm)
1 colander

Note: The below steps are very similar to making pasta. There is one extra step where you will wash and soak the rice before boiling. You can skip this step if short on time.

METHOD :

1- Mix the jasmine and basmati rice in a medium bowl and wash with water. Then, top the rice with water. Add 1 tbsp of salt to the water and leave to soak for half an hour or overnight for optimum results.

2- In a non-stick medium pot boil 2 litres of water with 1 tbsp salt.

3- Drain away the water from the rice, then add the rice to boiling water.
Meanwhile, bloom the saffron (grind and brew in a cup with 1 tbsp of boiling water)

4- When the water returns to boil and the rice starts to "dance on the surface", check one or two grains of rice. You want it half cooked and al dente.

5- Drain the rice in a colander (the rice is usually ready after 5 minutes of boiling).

1

2

3

4

5

6- In your medium bowl place 2 cups of parboiled rice, bloomed saffron, and yoghurt mixing gently.

7-Place your non-stick pot on medium heat. Add 1 tbsp butter, and let it melt.

8- Spread the yellowed rice evenly to cover the bottom of your non-stick pot.

9- Place the rest of the parboiled white rice over the top.

My mum's tip: Pile the white rice like a mountain so the steam can escape.

6

7

8

9

10- Wrap the lid of the pot with a clean tea towel (for steam absorption) and place it on.

11- Let it steam on **low** heat for 45 minutes. If your pot has thick layers then increase the heat to medium.

12- 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.

10

11

12

TIPS :

- To ensure your rice is ready at step 11, 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.

SHIRAZI SALAD
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Shirazi Salad

V GF 10 mins 4

Salad Shirazi is a simple yet punchy salad that adds zest to your dining experience. This salad is named after the city of Shiraz in Iran, where Perspolis is located.

INGREDIENTS:

2 Lebanese Cucumber
1 Medium Firm Tomato
1/2 Red Onion
1tsp Dried Mint or Fresh Mint Leaves
Juice of 1 Lime (Add more if you like to zestier)
Salt & Pepper

METHOD:

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

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DATE SALAD
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Date Salad

GF 10 mins 4

Did you know Date Vinegar is the first vinegar known to man, made in Babylon? You are tasting the flavour of history in this recipe!

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INGREDIENTS:

300g Fresh Baby Spinach/Leafy Greens
2 Firm Pears (Sliced)
Juice of 1 Lemon
1/2 cup Walnuts (Roughly Chopped)
1/2 cup Crumbed Danish Feta (Optional)
1/4 Seeded Dates
4 tbsp Date vinegar
2 tsp Exotic Bazaar Dukkah
4 tbsp olive oil

METHOD:

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

PERSIAN TZATZIKI

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Persian Tzatziki

GF 5 mins 6

This mix yoghurt (aka tzatziki) is what we have almost everyday in summer. Add water to serve it like a cold soup or make it with thick yoghurt to serve it as a dip. Both ways you'll be impressed.

INGREDIENTS:

2 Cups Greek Yoghurt (or unsweetened coconut yoghurt)
1 cup Diced Cucumber (eq. 3 Lebanese cucumbers)
1/2 cup Walnuts
1/2 cup Raisins
1.5 tbsp Exotic Bazaar Rose Petals
2 tbsp Dried Mint
Pinch of Salt & Black Pepper
5 Cubes of Ice

METHOD:

1- Place the yoghurt in a large bowl. Add 5 ice cubes to the yoghurt and mix them together. (If you don't have ice replace it with 1/4 cup of cold water)
2- Dice the cucumbers into 2 cm cubes and place them on top of yoghurt.
3- Chop the walnut and add 2/3 cup to the bowl.
4- Add 2/3 cup of the raisins to the bowl.
5- Grind 1 tbsp of the dried mint by placing them between your palms and rubbing your palms together.
6- Grind 1 tbsp of rose petals the same way.
7 - Add the ground rose petals and mint to the bowl.
8- Add a pinch of salt and pepper and mix everything really well.
9- Just before serving, garnish with the rest of the rose petals, mint, walnuts, and raisins.

SPLITPEA BALLS WITH WALNUT DIP
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Split Pea and Potato Veggie Balls in Fesenjoon

GF 40 mins 4

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

INGREDIENTS:

1 Grated Cooked Potato
1 Grated Onion
1/2 cup Cooked Split peas
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

Shop Fesenjoon

METHOD:

Preheat your oven to 180°C and line a baking tray with parchment paper. Combine all 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 as a dip for your freshly baked veggie balls.

FETA & HERBS PUFFS
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Feta & Herbs Puffs

1hr 4

A very tasty finger food option as a party snack or a homemade treat.

Shop Ghormeh Sabzi

INGREDIENTS:

100g Feta (can use plant-based feta)
2 Puff Pastry Sheets
1 Jar of Ghormeh Sabzi recipe base

DIRECTIONS:

1- Preheat the oven to 180C.
2- Line an oven tray with baking paper.
3- Spoon out half a jar of Ghormeh Sabzi and spread a layer on top of your pastry, leaving the corners clean.
4- Crumble on half the feta.
5- Gently start to roll the puff pastry.
6- Cut the roll into 3 cm slices.
7- Repeat the process for the second sheet of pastry with the rest of the ingredients.
8- Bake for about 30 minutes or until the pastry is golden.

CAPSICUM DOLMEH w TOMATO DIPPING SAUCE

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Stuffed Capsicum Dolmeh

GF 1hr 6

Shop Tabrizi

INGREDIENTS:

1 Jar of Tabrizi recipe base
2 cups cooked rice (e.g. Leftover rice)
1 cup chopped spring onions
18 Almonds roughly chopped
1/2 cup chopped parsley
4 tbsp olive oil
12 mini capsicums or 4 medium capsicum
1 Lemon
Salt and pepper for seasoning

METHOD:

1- Mix the rice with chopped spring onion, chopped almonds, and olive oil.
2- Add half of yourTabrizi Recipe Base and mix until everything mix well.
3- cut the top of your capsicums and empty the seeds out.
4- stuff the capsicums with the rice mixture.
5- place the stuffed capsicum in a medium deep pan.
6- Add half a cup of vegetable stock (or water) to the rest of your tabrizi sauce, shake the jar then pour around and in between the capsicums until it covers the bottom.
7- Place the lid on and bring to boil then simmer until the capsicums are cooked.
8- just before serving, squeeze a lemon on the dish and garnish with chopped parsley.

TIP: *You can use this recipe to make any stuffed vegetables such as tomatoes, eggplant, zucchini and onions. This is a perfect dish to make use of some leftover rice.*

FESTIVE ROASTED PUMPKIN

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Roasted Pumpkin Stuffed with Walnut Pomegranate Couscous

1hr 8

This is the dish to impress! Enjoy warm or cold, as the centrepiece 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 it into wedges in front of your guests. The pumpkin will open 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

Shop Fesenjoon

METHOD

Prepare the pumpkin

1- Cut the top of your pumpkin like a lid and remove the seeds.
2- Preheat the 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 sprinkle a little salt on the top, 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 the pumpkin lid.
2- In a medium bowl, mix the couscous, diced pumpkin, pomegranate seeds, and baby spinach.
3- Put the salad mix inside the pumpkin. Fill in one spoon at a 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.

ĀSH RESHTEH
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Aash Reshteh (Iranian Noodle Soup)

V GF 1 hour 6

Aash in Farsi means 'thick soup', Reshteh means 'Noodles'. Packed with herbs and legumes, this hearty soup is traditionally prepared to welcome the Iranian New Year. When someone goes on a long trip, their family get together and make Ash reshteh to wish the traveller a safe journey. The noodles represent the paths they travel.

INGREDIENTS:

1 cup of Mixed Dried Beans (Chickpeas, Red Kidney Beans, White Beans) Or 2 cans of mixed cooked beans
1/2 cup of Dried Lentils or 1 can of cooked lentils
1 Jar Ghormeh Sabzi (Sauteed Herb Blend)
6 cubes (100g) of Frozen Spinach
50g Whole Wheat Noodles (Reshteh) - or Spaghetti/Udon Noddle
1 tsp Turmeric
2 Large Onions, Chopped
5 Cloves Of Garlic, Chopped
2 tbsp Dried Mint
Your choice of Cooking Oil
5 tbsp Kashk (whey sauce) or Sour Cream

Shop The Herb Blend

METHOD

*** The garnish for Ash Reshteh is as important as the soup itself. To keep everything in one pot, we start with preparing the garnish first*

***If you are using uncooked beans then wash and soak them at least one hour before cooking ideally soak the beans overnight*

1- Add 5tbsp of oil to a large pot over medium heat, add the mint to the oil and fry for a few seconds. Pour the mint and oil into a small bowl and set aside for garnish

2- Add 2tbsp of oil back into the pot and fry the chopped garlic until golden. Set aside in a bowl.

3- Put the onions in the pot and fry with a generous amount of oil till softened. Add turmeric and continue frying for another 2 minutes.

4- Take half of the onions out and set them aside to use as garnish.

5- Add the beans to the pot and fry with onions. Cover with boiling water until beans are cooked. (If you are using cooked beans, then move to the next step)

6- Add one jar of Ghormeh Sabzi to the beans.

7- Add the frozen spinach. Add more boiling water if needed.

8- When the soup comes back to boil, break the noodles into half and add them to the pot.

9- Let the Noodles cook for about 10 minutes. Stir occasionally so the noodles don't stick.

10- Check the soup, if it is too thick you can add some more boiling water.

11- When the noodles are cooked, add Kashk (Whey sauce) or sour cream. Add salt and pepper to taste.

12- Turn off the heat and cover the pot with the lid. Let it stand for about 10-15 minutes before serving.

13- Serve Aash Reshte in a large bowl, Mix 1 tbsp of Kashk or sourcream with 2 tbsp boiling water and pour on the Ash. Then garnish with fried onion, garlic, and fried mint.

TIPS

- Feel free to change the selection of beans based on what you have in your pantry.
- If you don't have access to whole wheat noodles, you can use any kind of thick noodles as alternatives such as udon noodles or spaghetti.
- To shorten the amount of time the onions take to fry, I usually toss them in the pan with **no oil** first then add the oil when onions are softened.
- Sour Cream can be used as an alternative option for whey sauce.

SUMAC GLAZED SALMON
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Shop Balsamic Date Vinegar

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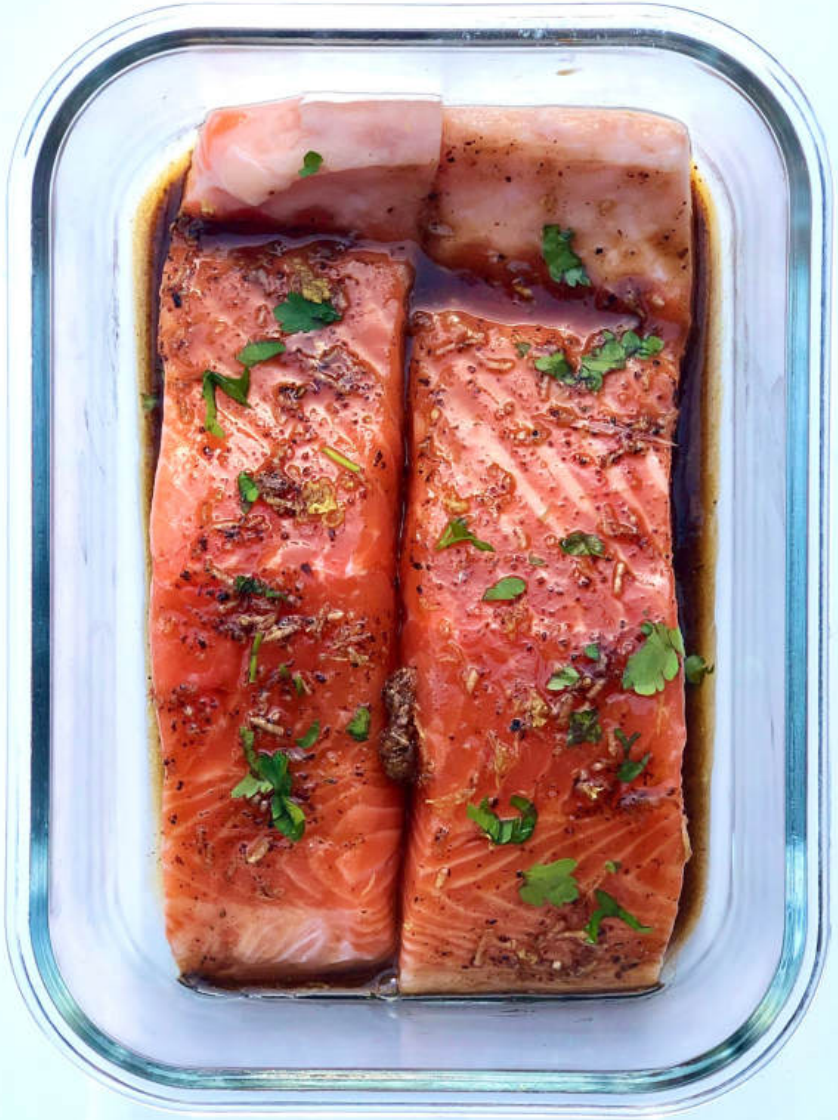
Date Vinegar & Sumac Marinated Fish

GF 30 mins 4



This special marinade is full of flavour and works perfectly with grilled fish, a staple in south Iran. The sweet and tangy date vinegar will bring a balance to the fish and helps with caramelizing the surface of the fish when grilling.

MARINADE INGREDIENTS:

1 Clove Garlic, crushed
1 tbsp Brown Sugar
Zest of 1 Lemon
1/4 cup Exotic Bazaar's Date Vinegar
1 tbsp Sumac
3 tbsp Olive Oil
4 Pieces of Salmon or any white meat of your choice

METHOD

1- In a bowl combine all the marinade ingredients.
2-Pour the marinade over the fish. Then 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 centre.
4- Carefully transfer the fish to a board or serving platter, sprinkle with spring onion and coriander leaves, then serve with a wedge of lemon, and salad.

KEBAB TABEI
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Kebab Tabei - Pan Kebab

GF 30 mins 6

These tasty kebabs are full of flavour and so easy to make. Traditionally Kebab Tabei is fried with 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 Minced Meat (e.g. beef, lamb, chicken, kangaroo or plant-based mince)
1 Large Onion Grated
3 tsp Exotic Bazaar Kebab Spice Blend
(or use your own spice blend of turmeric, sumac, salt, pepper, cumin, and saffron)
1 Tomato Sliced or a Few Cherry Tomatoes
4-5 Baby Capsicum or Half a Capsicum Sliced
1 tbsp of Olive Oil for Greasing

Shop Saffron Kebab Blend

METHOD

1- Mix the grated onion with the mince and season with the Kebab Spice. Wear a food-safe glove and hand-mix well for about 5 minutes.
2- Preheat oven to 180°C (fan force).
3- Grease a baking dish or an oven-safe frying pan with oil, transfer the meat and flatten it to cover the bottom of the dish.
4- Using the tip of your spatula, divide the minced meat into thick strips.
5- Place the sliced tomatoes and capsicums in between the strips.
6- Bake in the oven for about half an hour or until meat is cooked.
7- Serve with salad or fresh herbs.

TIPS

You can make this kebab on a stovetop in a frying pan as well. Follow the steps, and in step 6, place the pan on the stove and turn the kebabs after 15 minutes to cook on both sides.

SABZI POLO

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Sabzi Polo - Mixed Herb Rice with Kale Crust

GF 40 mins 4

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

Shop The Herb Blend

METHOD

1- Wash and soak rice for 10 minutes, up to overnight.
2- Boil 1 litre of water in a pot with another 1 tbsp of salt.
3- Drain the water from the soaked rice, and add the rice to boiling water.
4- Bring back to boil until rice grains start dancing on the surface, then drain the rice in a colander.
5- Use a non-stick pot. Cover the bottom with a thin layer of oil or butter.
6- Arrange the kale leaves to cover the bottom of your pot and sprinkle with a pinch of salt.
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 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 were added during the laying process.
- 400g Firm tofu. Dice and fry separately in a little olive oil until golden brown and add between the layers of rice.
- 1 Large Eggplant. Cut into strips and fry separately with olive oil and add on top of the Sabzi Polo when serving.

GRILLED EGGPLANT PILAF
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Grilled Eggplant Bulgur Pilaf

1 Hr 6

This recipe is inspired by Iranian Gheymeh Bademjan (eggplant Gheymeh).
Bulgur is a great source of fibre and protein. With its rich nutty flavour, it is a welcomed change from eating rice.
You can make the same recipe with Freekeh which is also made from wheat. Bulgur is steamed before being cut, and Freekeh is roasted pre-cut. This makes Freekeh slightly chewier with a smoky flavour.

INGREDIENTS:

4 Eggplants Thinly 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
A handful of Parsley for Garnish

Shop Gheymeh Base

METHOD

1- Preheat oven to 180°C fan-forced.
2- Fry the eggplants on both sides until softened. Place aside.
3- Cut the potatoes in your desired shape (e.g. half-moon or stars) then fry and set aside.
4- In a medium saucepan add 2 cups of boiling water, add the bulgur, bring to boil, cover, then simmer for 25 minutes. Stir occasionally until cooked.
5- Combine Exotic Bazaar's Gheymeh and cooked bulgur.
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 the oven for about 30 minutes.
9- Gently flip the grilled eggplant pilaff to a serving dish.
10- Garnish with 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.

PUMPKIN FESENJOON

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Pumpkin Fesenjoon

GF 40 mins 4

INGREDIENTS

Shop Fesenjoon

1 Jar Exotic Bazaar Fesenjoon recipe base
1 Small Kent Pumpkin (enough for 4 people)
Olive Oil
Salt & Pepper
Brown Sugar (optional)
Pomegranate Seed for garnish
Fresh Thyme for garnish

METHOD

1- in a small saucepan, empty one jar of Exotic Bazaar Fesenjoon base plus half a jar of water. Add 1 tbsp of brown sugar, bring to boil and let the sauce simmer.
2- Slice the pumpkin into half-moon pieces.
3- Drizzle some olive oil in a large pan and fry the pumpkins on both sides until cooked, season with salt and pepper.
4- Place the Fesenjoon sauce in a large serving bowl and place the pumpkins on top, garnish with pomegranate seeds and fresh thyme.
Serve with a side of salad, rice, or couscous.

KUFTEH TABRIZI
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Kufteh Tabrizi - Stuffed Meatballs

GF 1.5hr 6

Kufteh Tabrizi originated from the city of Tabriz in northwest Iran and around 200km near the Turkish border. 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 Minced Beef/Chicken/Plant-based Alternative
1/2 cup equal parts of :
Dried Parsley, Mint, Dill, Tarragon
2 tbsp Chickpea or Wheat Flour
1/2 tsp Black Pepper
1/2 tsp Turmeric
1/2 tsp Sea Salt

SAUCE BASE:

1 Jar Exotic Bazaar's Tabrizi Sauce

STUFFING

6 Plums Or Apricots
1/4 cup Walnuts.

GARNISH (Optional)

Walnuts
1 tbsp Sugar
1 Onion Sliced
1/2 tsp Turmeric

Shop Tabrizi

METHOD :

1- Preheat the oven to 180°C.
2- Add cooked rice, cooked split peas, mince, herbs, chickpea flour, and spices. Mix until ingredients hold together and become sticky.
3- Pick a handful of the Kufteh mix. Press it flat in your hand, plce a piece of walnuts and one plum in the middle. Gently bring the sides together to form a ball. Repeat until all the mixture is used. The mixture should give you six Kufteh balls.
4- In a large ovenproof pot 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 the Kufteh balls. Transfer to the middle rack of the preheated oven.
6- Bake for 30 minutes or until the kuftehs are golden on top.
7- Take out of the oven and sauce the kufteh balls a bit more before serving. Garnish with caramelised onion, chopped walnuts and parsley with a side of Turkish bread, pickles, and fresh salad.

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

TIPS:

- You can also cook the Kufteh Tabrizi on a stove. Put the lid on top and turn over the kufteh balls halfway so they cook evenly.
- If you are using plant-based mince containing salt, then don't add salt to the mince.

MEAT-FREE GHORMEH SABZI
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Ghormeh Sabzi with Exotic Mushrooms

GF 40 mins 4

Ghormeh Sabzi is the most beloved Iranian 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 black 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 Black Lime - Limoo Omani

Shop Ghormeh Sabzi

METHOD

1- Dice the bottom part of the 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 until cooked completely.
4- Fry all the mushrooms lightly until golden.
5- Add one jar of Exotic Bazaar Ghormeh Sabzi with 100ml of water/stock.
Optional: Poke a few holes into two Black Limes and add them in.
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.

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 Black 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.

LAMB GHORMEH SABZI

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Lamb Ghormeh Sabzi

GF | 40 mins | 4

INGREDIENTS:

500g lamb shoulder or beef chuck, trimmed and cut into 5cm pieces.
(Alternatively use Halloumi to make it a vegetarian Dish)
1 heaped tsp ground turmeric
1 large yellow onion, thinly sliced
3 tbsp extra-virgin olive oil
1/2 cup Kidney Beans Dry or 200g Cooked
1 Jar Exotic Bazaar Ghormeh Sabzi
2 Whole Black Limes

Shop Ghormeh Sabzi

METHOD

1- In a medium saucepan, fry the sliced onions with oil until golden. Add Turmeric and fry for another minute.
2- Add the meat pieces and fry until sealed.
3- If you are using dry kidney beans, wash then add them to the meat.
4-Add enough boiling water to the pot to fully cover the ingredients. Reduce heat to medium-low, cover pot, and simmer for 30 minutes or until the kidney beans are cooked. If you are using canned kidney beans follow this step to cook the meat on its own.
5- Season with 1 tsp of salt and some cracked pepper.
6- Empty the full jar of Exotic Bazaar Ghormeh Sabzi. (Add more water if needed). If you are using canned kidney beans add them at this step.
7- Optional: crush then add two black limes to the stew.
8- Bring to boil and then simmer on low for another 20 minutes, upto 60 minutes to fully develop the flavours.

Serve Ghormeh Sabzi with a side of steamed saffron rice, Iranian yoghurt, and salad.

Vegetarian Gheymeh
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Tomato & Yellow Split Pea Stew - Gheymeh

GF 1hr 4

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

This Iranian favourite can be made with many variations of veggies, get creative and find your perfect match. Some of my recommended favourites are using either eggplants, mushrooms or capsicum.

INGREDIENTS:

1 Jar Exotic Bazaar Gheymeh
1/2 cup Yellow Split Peas
2 Large Potatoes
200g eggplants (or see suggestions above)
Cooking oil of choice (for frying potatoes)
3 Black Limes (Optional)
Salt & Pepper

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Shop The Tangy Base

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METHOD

1- Wash and soak the yellow split peas.
2- Peel the potato and cut it 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 into small cubes, and fry them lightly in the oil until golden.
4- Drain then add the split peas. 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 Whole Black 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.

LAMB & SPLIT PEA STEW

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Khoresh Gheymeh - Persian Lamb & Split Pea Stew

GF 1hr 4

INGREDIENTS:

1 Jar Exotic Bazaar Gheymeh base
500g Diced Lamb (or Beef)
1/2 cup Yellow Split Peas
1 Onion Sliced
1 tsp Turmeric
Salt & Pepper
Cooking oil of choice
2 Large Potatoes (or a pack of shoestring frozen fries)

Shop Gheymeh Base

METHOD

1- Wash and soak the yellow split peas for 10 minutes.
2- Drizzle oil in a medium saucepan then fry sliced onions until golden. Add Turmeric and fry for another minute.
3- Add the diced lamb to the pot and fry until sealed.
4- Add the soaked split peas.
5-Add boiling water to the pot until it covers the ingredients. Reduce heat to medium-low, cover the pot and simmer for 20 minutes or until the meat is cooked.
6-Add one jar of Gheymeh to the saucepan. Top with more boiling water or stock if needed.
Optional: two dried black limes.
7- Bring to boil then simmer on medium heat for 20 minutes. Season with salt and pepper to your liking.
8- Meanwhile, make the french fries: Peel the potatoes and cut them 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.
9- Serve the Gheymeh stew in a large bowl and garnish with potato fries.
Enjoy this stew with aside of steamed rice, Persian tzatziki, and Salad Shiraz

CARROT & ALMOND STEW
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Carrot & Almond Stew

GF 1.5hr 6

This satisfying and flavour-packed carrot stew also originated in Tabriz city. You can recreate this colourful dish in no time at all using 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 Iranian Plums Or Prunes.
1/4 cup Silvered Almonds
1 Jar of Exotic Bazaar **Tabrizi** Cooking Sauce

Shop Tabrizi

METHOD :

1- Melt the butter or olive oil in a pan
2- Add the carrots and parsnips and fry for a few minutes. Avoid tossing the vegetables too much because they will become mushy.
3- Add the Plums and half of the slivered almonds.
4- In a medium cooking 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 Iranian rice, salad, and plain yoghurt.

TIPS:

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

VEGETABLE TAGINE
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Vegetable Tagine on Bulgur

40 mins 6

INGREDIENTS:

1 Jar Exotic Bazaar Moroccan Recipe Base - Tagine
1 Cup Diced Yellow Squash
1 Cup Sliced Carrot
2 Medium Potatoes Cut Into Cubes
1/2 Cup Vegetable Stock
1 Can of Chickpeas
2 Cups Bulgur
1 tbsp Butter
Salt & Pepper

Shop Tagine Base

METHOD

1- Lightly fry the potatoes, carrots and squash.
2- Add the chickpeas and fry for a few seconds.
3- Stir in one jar of Exotic Bazaar Tagine cooking sauce.
4- Rinse the jar with half a cup of stock and add to the pot.
5- Simmer until vegetables are cooked.
6- Meanwhile cook the bulgur:
- Place 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 the bulgur absorbs all the water.

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. Fluff up with a fork before serve.

KHORESHT BAMIEH
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Khoresh Bamieh (Okra Stew)

GF 40mins 4

Khroesht Bamieh (okra) is traditionally made with beef or lamb and of course okra. Here I'll be making the vegetarian version using yellow split peas. Feel free to add any protein of your choice to this recipe.

INGREDIENTS:

1 Jar Exotic Bazaar Gheymeh
1/2 cup Yellow Split Peas
5 garlic cloves
400g Okra (fresh if available, otherwise frozen)
Olive oil
2 tbsp lemon juice
Salt & Pepper

Shop Gheymeh Base

METHOD

1- Wash and soak the yellow split peas and set them aside for 30 minutes.
2- Dice then lightly fry the garlic cloves in olive oil.
3- Drain the water from the split peas and lightly fry them with the garlic.
4- Top the split peas with 200 ml boiling water and let them cook.
5- When split peas are almost softened, add one jar of Gheymeh recipe base to the saucepan. Cover and simmer on medium heat for 10 minutes.
6- Add the okra & lemon juice and cook for a further 15 minutes or until okra is cooked.
7- Season with salt & pepper to your liking
Serve with sides of aromatic saffron steamed rice, olives, natural greek yoghurt and salad Shirazi.

TIPS:

- You can fry the okra separately and add them to the top of the stew when serving.
- For the meat version using diced beef or lamb, simply brown the meat with the garlic in the first step then follow the rest of the steps above. You can leave out the split peas or replace them with Dhal.
- Enjoy this khoresht Bamieh

EGGPLANT MOUSSAKA

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Eggplant Moussaka

GF 1hr 4

Moussaka is a favourite Greek/Mediterranean dish similar to lasagna. It is creamy and 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

Shop Tagine Base

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. 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 a 180°C hot oven for about 30 minutes or until golden brown.

TIPS

- Alternatively, you can thinly slice the potatoes instead of mashing and bake them with your eggplants in the oven
- The number of layers depends on the size of your dish. Make sure to finish it off with the mashed potatoes as the top layer.

HALVA IRANI
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Halva Irani

40 mins 8

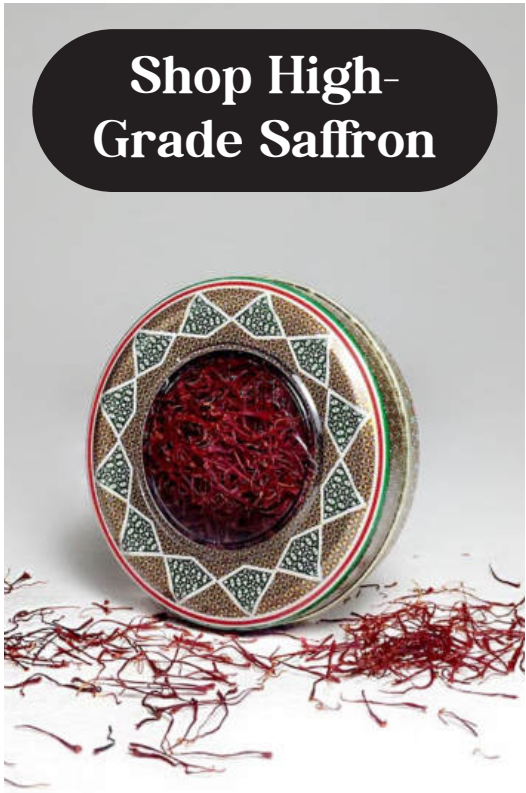
Halva is originally an Arabic dessert literally meaning "sweet", and it has found its way to many cuisines. Iranian halva is made with toasted wheat flour, saffron, and rosewater. This aromatic and satisfying sweet is going to be your new favourite.

INGREDIENTS:

2 Cups Plain Flour
1.5 Cups Vegetable Oil
1.5 cup Sugar
1 cup Rose Water
A pinch of Saffron
1 tsp Cardamom Powder

GARNISH:

Almond Flakes
Organic Rose Petals



METHOD:

PREPARE SYRUP:

1- Mix water, sugar and cardamom in a saucepan over medium heat until it starts to boil
2- Add rose water Bring it back to boil.
3- Grind saffron into powder and add to the syrup.
3- Turn off the heat and set it aside to cool down.

MAKE FLOUR MIX:

1- Place a non-stick pan over medium heat.
2- Add the flour to the pan and keep stirring for about 15 minutes or until the flour is slightly toasted and the colour has changed to light brown.
3- Add oil and keep stirring until the colour turns dark brown. Some may add one or two tsp of cacao powder to achieve a darker colour.
4- Slowly add the syrup little by little and stir as you add. 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 shaking the pot holding the handles from side to side until you see your Halva is coming together like a dough and starts releasing oil.
6- Serve on a plate or a flat dish and decorate with garnish while it is still warm.
7-Store it in the fridge. Halva can be served cold or at room temperature.
8-Enjoy this dessert with a cup of Persian tea.

BASTANI SONNATI
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Bastani Sonnati - Saffron Ice Cream

GF 20 mins 6

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. I have many beautiful memories of my friends gathering at one of these shops in Tehran for hours enjoying each other's company and our many servings of Bastani.

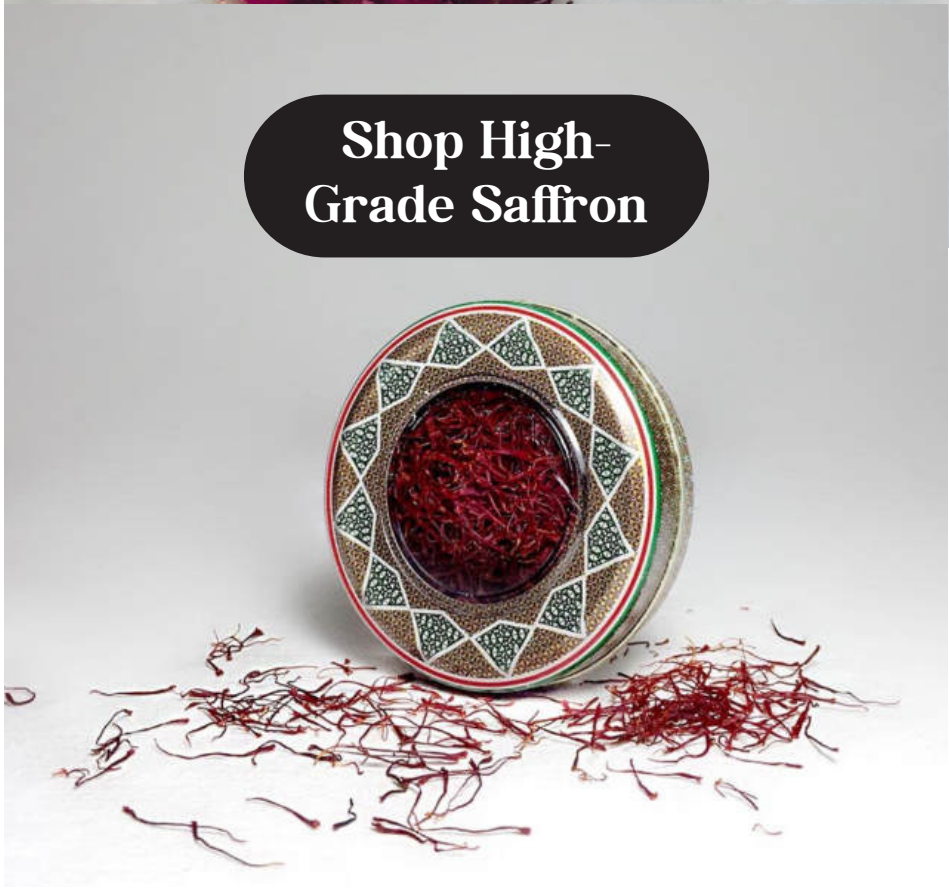
Here is my quick and easy version of this exotic ice cream.

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
Organic Rose Petals

METHOD

1-Let your ice cream slightly softens at room temperature or in the fridge.
2-Add ground saffron, rose water, and cardamom to the softened ice cream.
3- Using a stick blender, blend the ice cream until saffron has fully mixed and ice cream is elastic.
4- Mix in the pistachio, keeping a handful for garnish.
5-Place the ice cream back in the freezer for at least 1 hour.
4-Once set garnish the Ice cream with the rest of the pistachios and dried rose petals.
Serve in a bowl or in a cone.



GINGER PANCAKES
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Pancakes

20 mins 4

Shop Date Syrup

INGREDIENTS:

1/2 cup Whole Wheat Flour
1/2 cup All-Purpose Flour
1 tsp Ginger Powder
1/2 tsp Cinnamon Powder
1/2 tsp All Spice Powder
1.5 tsp Baking Powder
1 Egg
1/2 cup Buttermilk
1/4 cup Coconut Sugar
2 tbsp Date Syrup
2 tbsp Melted Coconut Oil
1/4 cup Date Syrup To Serve With Pancakes

METHOD:

1- In a medium bowl combine the flour, spices and baking powder.
2- In a large bowl stir together the egg's yolk, buttermilk, coconut sugar, 2 tbsp date syrup, and melted coconut oil.
3- In a separate bowl beat the egg white with an electric mixer until fluffy
4- Combine the dry and wet ingredients from steps 1 and 2. Gently fold the egg white into the mixture.
5- Place a non-stick pan on medium heat. Lightly grease. Use a ladle to pour batter into the middle of the pan to form a pancake. Fry on both sides until lightly browned. Take the pancake out. Repeat until the batter is all used.
6- Stack the pancakes and drizzle with date syrup
Serve with your choice of toppings, my favourite topping is blueberries and pecans

PERSIAN LOVE CAKE

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*Note: The icing mix will be white

Persian Love Cake

50 mins 6-8

This luxuriously beautiful cake is a perfect way of showing love to someone. Hope this cake brings lots of joy to you. *Exotic Bazaar Persian Love Cake* is a complete kit with all you need to bake and decorate your cake. The process will fill your house with the smell of saffron and cardamom. The result will be a moist almond cake with the most luxurious texture and flavours.

Recommended cake tin: **15 cm**

*

INGREDIENTS

2 Eggs (Or equivalent egg replacer)
110g Melted Butter or Margarine
1/2 cup Yoghurt (natural/greek or coconut)
1/4 cup Water
Exotic Bazaar Persian Love Cake
(Cake Mix, Icing, Garnish, Rosewater)

METHOD:

1- Preheat oven to 170C.
2- Line a 15cm cake tin with baking paper. You can also use a 20cm cake tin but the cake will be shorter.
3- Beat the eggs, water, yoghurt, and melted butter together.
4- Gently mix in the content of the cake mix pack.
5- Pour the batter into the cake tin, and bake for 55 minutes. Poke a toothpick or chopstick into the centre of the cake. If it comes out clean, your cake is ready.
6- Let the cake completely cool down before decorating.

Icing and Garnish:

Place the Icing mix in a small bowl and mix with the rose water provided (or 1 tbsp lemon juice) until all dissolved. Spread the icing on top of your cake.
Garnish with the contents of the rose petal 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 25-30 minutes.**
- **Vegan & Gluten-Free options are available**

For any questions or feedback contact me directly at gila@exoticbazaar.com.au

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Thank You!

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

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