

KOOKOO SABZI

This family recipe rings in the Persian new year with a bounty of fresh herbs and leafy greens.

Total Time: 1 hour | **Yield:** 4 main-course servings, or 8 as part of a larger spread

Ingredients:

- ½ cup neutral oil, such as grapeseed
- 1 teaspoon ground turmeric
- 1 white onion, finely chopped
- ¾ cup finely chopped flat-leaf parsley
- ¾ cup finely chopped dill
- ½ cup finely chopped basil
- 1 cup finely chopped spinach leaves
- 6 leaves romaine lettuce, finely chopped
- 5 scallions, finely chopped
- ¼ cup fresh fenugreek leaves or 1 tablespoon dried (optional)
- ½ cup finely chopped garlic chives (optional)
- 3 eggs
- ¾ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon all-purpose flour
- Flatbread or yogurt, for serving

Directions:

Step 1

Heat ¼ cup oil over medium-high heat in an 8-inch nonstick skillet. Add ½ teaspoon of the turmeric and the onion, and sauté, stirring occasionally, until onions are lightly browned, 12 to 15 minutes. Add all the greens, parsley through scallions (and fenugreek and garlic chives if using), and stir to combine (the pan will be very full). Wilt the vegetable mixture for about 4 minutes. Transfer to a bowl and set aside. Wash the pan.

Step 2

Whisk together the eggs, salt, pepper, flour, and remaining ½ teaspoon turmeric in a medium bowl. Add 2 cups of the vegetable mixture and stir to combine completely. If there's still egg puddling at the bottom of the bowl, add more of the vegetable mixture, ¼ cup at a time, until the egg is fully incorporated. (Save any leftover vegetable mixture for something else, like a scramble.)

Step 3

Return the pan to the stove over medium heat and add the remaining ¼ cup oil. Add the egg mixture to the pan and quickly spread it into an even layer. Cover and cook, reducing the heat as necessary to maintain a gentle bubble, until the bottom is quite browned but not burned and the top has set, about 10 minutes. With the side of a spatula, divide into quarters. Flip each quarter and continue cooking, covered, until the bottom is browned, 2 to 3 minutes. Cut each quarter in half to make 8 slices.

FREQUENTLY ASKED QUESTIONS

What is the origin of kookoo sabzi?

Kookoo sabzi (sometimes transliterated as kuku sabzi) is a Persian egg dish packed with a heaping bounty of herbs and greens — a verdant symbol of spring. It helps mark the end of Nowruz, the Persian new year festival that's celebrated in Iran and elsewhere, including in Afghanistan and many countries in Central Asia and the Caucasus region. In the Persian solar calendar, the year begins on the March equinox. Some in the region also prepare kookoo sabzi as part of Easter celebrations.

What do you eat with kookoo sabzi?

Sassooni suggests serving this kookoo sabzi with yogurt — the tart creaminess is a great match for the dense herbs and greens — or flatbread. If you'd like, you can make your own nan-e barbari, a thick Persian flatbread topped with sesame and nigella seeds. If you're planning a Nowruz feast, other traditional Persian new year recipes include sabzi polo (herbed rice) and fish dishes like mahi zafaroni. For dessert, try a fragrant, colorful dish like sholeh zard (saffron rice pudding), bastani irani (rosewater-saffron ice cream), or a Persian love cake flavored with rose, cardamom, and pistachio.

JODI BERMAN'S FAMOUS NO-BAKE MINI CHEESECAKE BITES

Perfectly poppable and
dangerously delicious!

Ingredients:

- 2 cups graham crackers (about 16 sheets) or oreo cookies (about 24 cookies)
- ⅓ cup brown sugar (light or dark, doesn't matter)
- ½ cup melted butter
- 1 cup heavy cream
- 16oz brick cream cheese
- ⅓ cup granulated sugar
- 2 TBSP sour cream or plain yoghurt
- 1 tsp lemon juice
- ½ tsp vanilla extract

Directions:

Crust

Line two cupcake/muffin pans with cupcake liners (this is very important, don't skip this step)
Place the graham crackers or cookies in a food processor and pulse them into crumbs. Once they turned to crumbs, add brown sugar followed by the melted butter.

Combine all together until the crumbs are wet and kind of the consistency of wet sand

Spoon about 1½ TBSP of that mixture into each cupcake liner to form the crust at the bottom of the mini cheesecake

You can bake those for about 5 minutes at 350 degrees in the oven, but you don't have to. (It does make the crust a little crunchier, a nice balance with the smoothness of the cheesecake)

If you do bake, let them cool for about 10 minutes after.
Filling

Step 1

Beat the heavy cream on medium-high speed for about 3 minutes, set aside (you just made the basis of whipped cream).

Step 2

Cream together on medium speed the cream cheese and granulated sugar until the mixture is smooth and creamy.

Step 3

Add sour cream or plain yoghurt, lemon juice, vanilla extract to the cream cheese and sugar mixture.

Step 4

Fold in the heavy cream/whipped cream from step 1. Folding is different than mixing. It's kind of a gentle touch where you rotate the whipped cream into the step ⅔ mixture, do this a handful of times using a gentle touch - the goal is to not deflate all the lovely air you put into the heavy cream in step one. Don't be overly precious, mix together gently so everything is combined, just 4-5 folds should get it done.

Step 5

Take a spoonful of the mixture, and plop it into each muffin/cupcake liner.

Refrigerate for 3 hours. Add any toppings - some elegant pieces of fruit like strawberries or raspberries or a half of an oreo. Anything you like!

They will soften and be more difficult to peel from the cupcake liners after about 30 minutes, so serve right from the fridge!