Maahi Kabab

4 Servings

Ingredients | Quantity | Methods
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Whole Fish (salmon or cod) | 1 each | 1. Cut the fish lengthwise from below. Remove insides, the wash inside and out. Place each side under grill at high temperature for 5-10 so that the skin dries up. Remove fish and separate skin which should come off easily.
Lime Juice | 1 cup | 2. Prepare sauce as following: wash and finely chop coriander, parsley and mint. Add lime juice, olive oil, saffron, salt, and black pepper, and mix well.
Extra Virgin Olive Oil | 1/2 cup | 3. Cover a suitable pan with aluminum foil and place fish on top. Add the sauce on both sides as well as inside. Cover with a sheet of aluminum foil and cook in oven at medium temperature for 45 minutes to one hour.
Coriander, finely chopped | 1 cup | Note however that exact cooking time depends on the type and size of fish. Take care not to over-cook. Add more sauce 2 or 3 times during cooking.
Parsley, finely chopped | 1 cup |
Fresh Mint, finely chopped | 1 cup |
Saffron | 1/2 tsp |
Salt | 1/2 T |
Black Pepper | 1/4 tsp |

Recipe from iranchamber.com

Lima Beans with Dill

4 Servings

Ingredients | Quantity | Methods
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Lima Beans, drained & rinsed | 2 cans | 1. Wash the lemon with hot water and grate some of the peel until you have about 1 tsp. Halve the lemon and juice one half of it into a little bowl.
Onion, peeled and chopped fine | 1 large | 2. Melt butter in a large pan over medium heat and add onion slices. Fry for about 3 minutes until translucent. Add garlic and turmeric and fry until the garlic loses its raw smell and starts to turn golden. Add rinsed beans, cumin, lemon juice, a cup of water, 1/2 tsp of salt and sugar. Let come to a boil, then add tomatoes, lemon zest and dill. Add pepper and salt to taste and reduce to a low boil.
Garlic cloves, peel & chopped fine | 4 cloves | 3. (optional) With a spoon, create 4 little hollows in the beans for the eggs and crack the eggs into them. Put the lid back on and let boil for about 4 minutes or until the whites are set and the yolk is still runny.
Fresh Dill, chopped | 1/2 bunch |
Lemon | 1 each |
Butter | 3 T |
Sugar or Honey | 1 sp |
Turmeric | 1/2 tsp |
Ground Cumin | 1/2 tsp |
Mini Tomatoes | 1 cup |
Salt & Pepper | to taste |
Eggs (optional) | 4 large |

Recipe and photo from cinnamonandcoriander.com