

AT THE TABLE

Nowruz, a Persian New Year Celebration



KUKU

RECIPE

Every Nowruz (Persian New Year), Kuku is served alongside fish. In our culture every food has a symbolic meaning, and herbs symbolize rebirth.



Makes one 8" (20 cm) KUKU, serving 4 to 6

INGREDIENTS

- 2 tablespoon olive oil
- ½ onion, finely diced (about ½ cup)
- 3 cloves garlic, minced
- 4 eggs
- 1 cup finely chopped parsley
- ½ cup finely chopped cilantro
- 1 cup finely chopped leek
- ½ cup finely chopped fresh dill
- 3 tablespoon chickpea flour
- 2 tablespoon chopped walnut
- 2 tablespoon dried barberry (optional)
- 1 teaspoon sea salt
- ½ teaspoon ground turmeric

DIRECTIONS

Preheat the oven to 350° F and arrange a rack in the middle.

Heat 1 tablespoon of the olive oil over medium heat in an 8 inch (20 cm) nonstick pan or oven proof skillet.

Cook the onions, stirring occasionally until softened about 6 minutes. Add the garlic and cook for 1 minute. Transfer the mixture to a plate and let cool. Wipe out skillet.

Whisk the eggs to break the yolks and blend with the whites to an even consistency.

Stir in the onion mixture, chopped herbs, chickpea flour, walnuts, barberries(if using), salt, and turmeric.

Put the remaining tablespoon of oil over the pan and pour in the egg mixture, spreading into an even layer with a spatula. Place the pan in the oven. Cook until the Kuku is set and the top is slightly browned, approx. 30min

Remove the pan from the oven and let the Kuku cool slightly in the pan. Flip over onto a platter or board and slice to serve. This can be served as a sandwich between slices of bread or eaten with a side of salad or just as it is with your favorite dip.