



### Hayedeh Sedghi

Born and raised in Shiraz, Iran, Hayedeh Sedghi spent her formative years immersed in a culture that celebrates food. In 1989, Hayedeh moved to Singapore with her husband. She sought to conjure up a taste of home at every opportunity, even though some important ingredients were difficult to obtain at that time. Over the years, she not only learnt to prepare many tasty dishes through trial and error, but also found alternatives for unavailable ingredients. Today, Hayedeh offers Iranian cooking classes at a culinary school in Singapore.

visit our website at:  
[www.marshallcavendish.com/genref](http://www.marshallcavendish.com/genref)

**mc** Marshall Cavendish  
Cuisine



An Iranian kitchen serves up wholesome food that nourishes the soul. Drawing from her cultural roots, culinary instructor Hayedeh Sedghi introduces readers to the delights of Iranian food, from creamy barley soup and fried aubergine stew to brightly coloured barberry rice and smoky yet tender spring chicken kebab. The recipes are organised into simple instructions and packed with plenty of tips and step-by-step photographs, making them accessible to home cooks of any level. With a few easily acquired techniques and readily available ingredients, preparing hearty, authentic Iranian dishes at home becomes effortless.

Dine in my Halal Kitchen

Marshall Cavendish Cuisine

Hayedeh Sedghi

# Dine in my Halal Kitchen

**STEWs, KEBABS and  
other HEARTY DELIGHTS**



Hayedeh Sedghi

### Dine in my Halal Kitchen

Over 40 recipes for hearty,  
wholesome and authentic  
Iranian dishes

With a concise overview of  
cooking techniques and tools

Easy-to-follow instructions,  
insightful tips and step-by-step  
photographs to guide home cooks  
new to Iranian cooking

Includes suggestions for  
ingredient substitution and  
alternative cooking methods



# For Review Only

Dine in my Halal Kitchen







For Review Only

Dine in my

# Halal Kitchen

STEWES, KEBABS and  
other HEARTY DELIGHTS

Hayedeh Sedghi



A close-up, sepia-toned photograph of a hand reaching into a bowl filled with cherry tomatoes. The hand is positioned on the left side of the frame, with fingers slightly curled as if about to pick up a tomato. The tomatoes are small, round, and have a slightly wrinkled skin. The background is blurred, showing more of the bowl and the hand's arm. The overall mood is warm and focused on the tactile experience of food.

# For Review Only

## Contents

Introduction 7

Cooking Techniques 7

Cooking Utensils 11

Soup & Porridge 15

Vegetables & Salads 25

Seafood & Poultry 39

Meat 53

Rice 81

Desserts 99

Glossary 110

Weights & Measures 117

Index 118





# Introduction

Iranian cooking can be done using simple cooking utensils, such as medium to large pots, stew and frying pans, wooden spoons, a masher, and so on. Nothing out of the ordinary, except for the flat kebab skewers that resemble long swords with no handles. Nevertheless, there are ways around them. The cooking techniques are similarly uncomplicated but require time and skills of assessment. Such skills traditionally come with experience gathered from daily practice, but this book aims to fast-track the learning process a little for its readers through the use of step-by-step photographs.

Because many of these dishes are characterised by slow-cooking, patience is a virtue in the kitchen. Be sure you have ample time, at least 2 hours, before deciding to prepare an Iranian meal—typically consisting of plain rice or a rice dish, a stew or two and a fresh salad, with yoghurt-based accompaniments and pickles often on the side. A soup is in order if serving only one stew, otherwise, two stews are more common.

All recipes in this book make 4 servings if you follow the meal plan above. Otherwise, any of the rice dishes, excluding plain rice, will easily make a one-dish meal for 2–3 people. Although it takes 2–3 hours to prepare, an Iranian meal is worth every effort once it is placed on the table or *sofreh*—a large rectangular piece of embroidered cloth that traditional Iranians unfold and lay on the floor at mealtimes, and diners would sit along the two long sides after the spread of food has been placed along the centre.

## Cooking Techniques

### Grilling (Broiling)

The technique of grilling skewered meat, whether lamb, beef or chicken, is an art form. Getting the kebab right is no mean feat, from how the meat is lovingly kneaded and marinated to just how brightly the charcoal should glow before it is deemed worthy for the marinated meat, which will grace the grill for just long enough to



# Cucumber, Onion and Tomato Salad, Shiraz Style (Salad-E Shirazi)

3 Japanese cucumbers, or 2 medium  
regular cucumbers  
2 medium tomatoes  
1 medium onion, peeled

Dressing (combined)  
4 Tbsp lime juice  
1 Tbsp olive oil  
Salt to taste  
Ground black pepper to taste  
(optional)

Trim off both ends of each cucumber, then peel skin if desired. Finely dice cucumbers and set aside. If using regular cucumbers, trim off each end and remove pulpy cores. Peel skin if desired before dicing.

Finely dice tomatoes and onion, then toss together with cucumbers until well-mixed.

Transfer mixed vegetables to a serving bowl and refrigerate covered if not serving immediately.

Just before serving, prepare dressing to pour over salad and toss to mix.



Finely dice trimmed cucumbers, tomatoes and peeled onion.



Salad can be prepared up until this stage—mixed but not dressed—and refrigerated covered for a few hours until it is needed.



Prepare dressing by stirring together lime juice and olive oil, then season to taste with salt and pepper, if using. Some cooks are also known to add a sprinkling of dried mint.

*This zesty and refreshing salad originated from Shiraz, where it varies from household to household because people have adapted it to include seasonal ingredients and to suit their own tastes. Feel free to add other ingredients such as green capsicum (bell pepper) for variation.*





# Saffron Chicken

- 1 small chicken, about 1.2 kg (2 lb 8 oz), skinned
- 2 Tbsp cooking oil
- 1 medium onion, peeled and finely diced
- 1 Tbsp ground saffron, mixed with 4 Tbsp hot water
- 1 Tbsp tomato paste, or more to taste
- Salt to taste

Cut chicken into 8 pieces symmetrically. Wash and drain well, then set aside.

Heat oil in a stew pan over low heat. Fry onion until translucent and lightly browned.

Add chicken and fry with onion for about 5 minutes or until meat changes colour.

Pour saffron solution over chicken, then add tomato paste and salt to taste. Stir to mix well.

Add 250 ml (8 fl oz / 1 cup) water and continue to cook over low heat for 45 minutes or until chicken is tender. Adjust seasoning to taste if necessary.

Serve with plain rice (see pg 82) or flat bread.

Garnish, if desired, with fried, saffron-infused onions (see pg 16).



Cut chicken into 8 pieces symmetrically: first cut off both wings, then both thighs (legs) and quarter remaining body.



After adding chicken pieces, sauté until meat changes colour before pouring saffron solution over. The rich yellow colour of saffron will be immediately visible.



After adding tomato paste and salt to taste, stir to mix ingredients well before adding 250 ml (8 fl oz / 1 cup) water.

For Review Only

*This unique aromatic dish is especially famous in Iran, which has long been a world-leading producer of saffron.*





## Carrot and Prune Stew (Khoresh-E Havij)

4 Tbsp cooking oil  
1 medium onion, peeled and finely diced  
300 g (10 oz) lamb or beef, cut into small cubes  
500 g (1 lb 11/2 oz) carrots, peeled if desired and cut into short, thin strips  
100 g (3½ oz) prunes  
2 tsp ground saffron, mixed with 2 Tbsp hot water  
Salt to taste  
2 tsp sugar (optional)  
Juice from 2 limes (optional)

Heat 2 Tbsp oil in a pot and fry onion over medium-low heat until translucent and lightly browned.

Add meat and fry for a few minutes or until it changes colour.

Pour in 1.5 litres (48 fl oz / 6 cups) water and simmer for about 1 hour or until liquid is reduced to about 500 ml (16 fl oz / 2 cups) and meat is tender.

Meanwhile, lightly pan-fry carrots in remaining oil until just softened, then remove from heat.

When meat is tender, add carrots, prunes, saffron solution and salt to taste. Stir through, then adjust seasoning to taste with sugar or lime juice, depending on preference.

Reduce heat to low and simmer for 30 minutes more or until gravy is thickened.

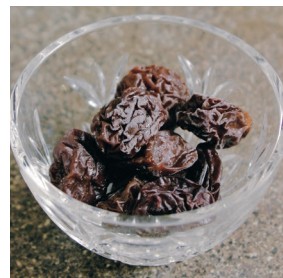
Serve with plain rice (see pg 82).



You may thin down the saffron solution for a milder taste and colour, or add less water for a stronger taste and colour.



Peel carrots, if desired, and cut them into short, thin strips, approximately 5 x 1-cm (2 x ½-in).



You may use either of the two main types of prunes—light or dark— for this dish. Shown here are the dark ones.

*The prunes impart a pleasant mild sweetness and just a hint of tang. Depending on your preference, you may enhance the sweetness of the stew by adding sugar, or add to the tartness with splashes of lime juice.*





## Saffron Ice Cream (Bastani Akbar Mashdi)

250 ml (8 fl oz / 1 cup)  
double (heavy) cream  
1 litre (32 fl oz / 4 cups) plain vanilla ice  
cream tub, kept frozen  
2 tsp ground saffron, mixed with 2 Tbsp  
hot water and cooled completely  
1 tsp rose water concentrate, or  
to taste  
110 g (4 oz / ½ cup) chopped pistachios  
+ extra for garnishing

Pour double cream into a flat plastic container, cover and place in the freezer overnight.

The next day, take vanilla ice cream out of the freezer and leave at room temperature for about 1 hour or until very soft but not liquid.

Transfer melted ice cream to a mixing bowl, then pour in saffron solution and mix well.

Working quickly, take frozen double cream out of the freezer and cut into small chunks, then mix them into ice cream evenly.

Add rose water and pistachios and mix well once more, then place in the freezer, covered, until mixture hardens.

Serve as you would any ice cream and top with a sprinkling of chopped pistachios.



Choose a wide and flat container for the double cream so that it forms a layer about 1-cm (½-in) thick when frozen.



Take ready-made ice cream out of the freezer and allow it to thaw for about 1 hour, until very soft but not completely liquid.



With melted ice cream in a mixing bowl, quickly take frozen double cream out of the freezer and chop into small chunks to add to ice cream.

# For Review Only

*Traditionally, this dessert was made from scratch, beginning with the ice cream itself, a time-consuming chore. This recipe takes a short cut by way of ready-made vanilla ice cream, but the result is nearly as good. It does require some advance planning as you need to begin preparation at least a day before it is needed.*

