

Sumerian Dill Rice

A simple grilled dish that Persians served to the highest level of society. Kubideh is a deceptively subtle dish that is infused with Persian spices which, when bitten into, pack a wallop of complex and layered flavors. It is enough to impress the palate of the most discerning eater. Even the Sultan!

Item: MP5



INGREDIENTS:

- Good quality Basmati rice (1 cup per serving)
- 2 cups Water (per cup of Basmati)
- Dill, fresh or dried (1-2 tablespoons if fresh) 1/2-1 tablespoon if dried)
- Pinch of Kosher salt
- Pinch of Saffron or safflower
- 2 Tbsp Good quality Olive Oil
- Butter (one thin slice per serving)

INSTRUCTIONS:

- Rinse rice until it drains clear.
- Add salt, saffron, olive oil, and then water for cooking.
- Set MP5 to 350 degrees for 30-35 minutes until rice is fluffy and separates easily.
- Add dill and mix carefully, being sure to keep the rice fluffy.
- Ladle onto plate and place one tab of butter on center. Enjoy!



The Sultan's Kubideh

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Item:
Smokeless Broiler
Skewers for grilling
(wooden skewers work best)



INGREDIENTS:

- 2-3 Tbsp Persian Spice Mix
- 1 lb Ground beef or ground chicken
- 2-3 Tbsp Plain bread crumbs
- 2-3 cloves Garlic, minced fine
- 1 small onion, minced fine
- 2-3 Tbsp Fresh parsley*, pinched from stem and minced fine
- 2-3 Tbsp Fresh mint*, pinched from stem and minced fine
- Fresh tomatoes, cut in half from top to bottom
(1 tomato per 2 servings)
- Good quality olive oil

INSTRUCTIONS:

- Spray or wipe a very light amount of oil (like olive oil) on the grill of Smokeless Broiler and tomato halves.
- While the grill is heating, combine all ingredients above (except tomatoes) in a mixing bowl using your hands to mix well. Once combined well, grab a handful of the meat mixture and form along a skewer. The meat mixture should be approximately 6-7 inches long and 2 inches wide and flat along the skewer (think: very thick popsicle stick).
- Place meat skewers and tomatoes (flesh side down) on grill. Cook meat skewers, turning once, until both sides are slightly charred and inside is cooked through (approx. 7-10 minutes a side, depending on thickness).
- At the same time, cook tomatoes, turning once, until skin is slightly charred and flesh is slightly softened (approx. 10 minutes a side or until preferred doneness).
- Serve one skewer and one half tomato over dill rice, a side of Persian salad, and enjoy!



Mediterranean Chicken & Pork Tenderloin Kabobs



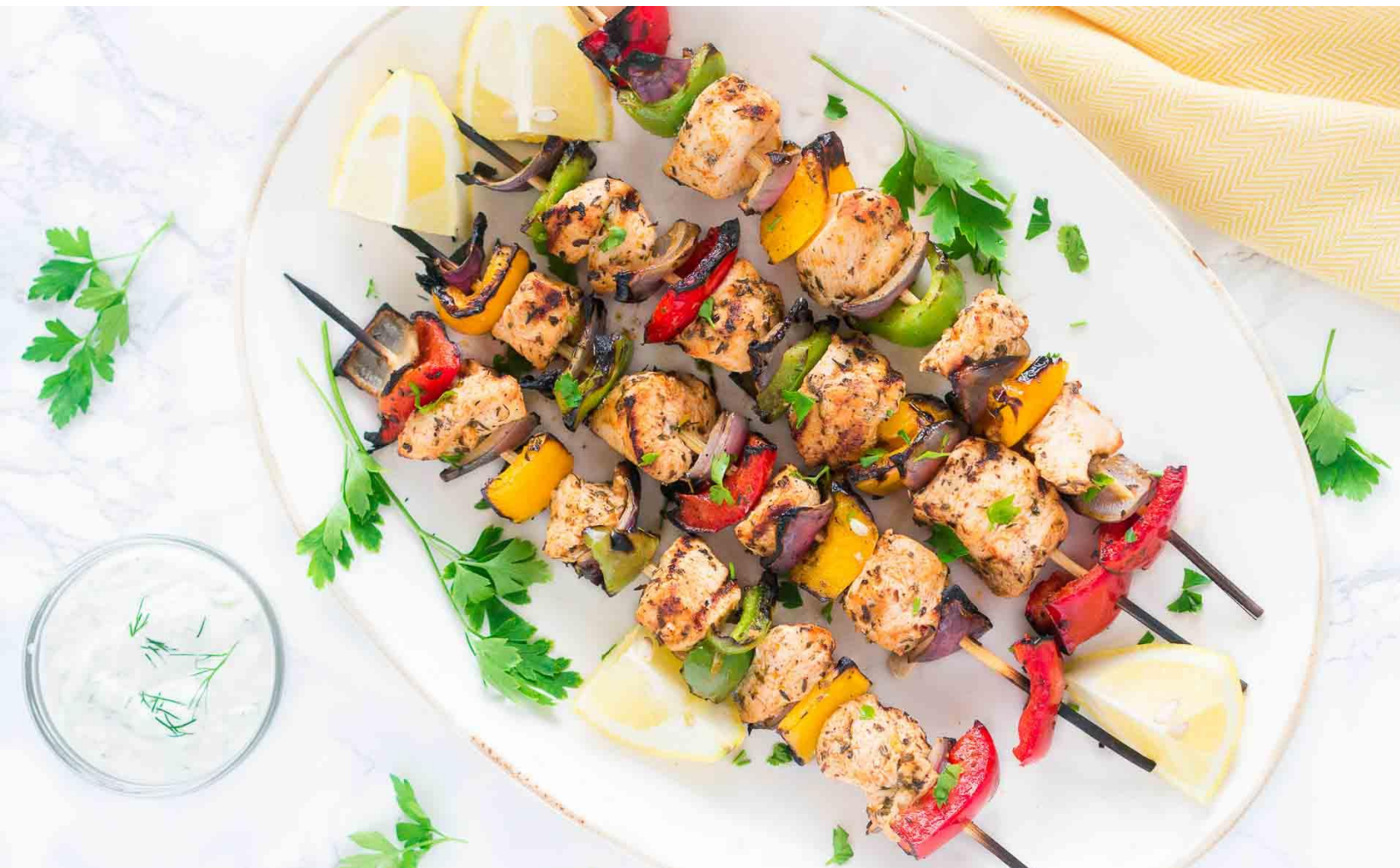
Item: Smokeless Broiler

INGREDIENTS:

- 15 garlic cloves
- 2 tsp fresh oregano
- ½ tsp allspice
- ½ tsp ground nutmeg
- ¼ tsp ground green cardamon
- ½ cup plain yogurt
- Salt and pepper to taste
- 4 tbsp olive oil
- 2 lemon juice and zest
- 8 pieces boneless chicken thighs – cut bite size
- 4 pieces thick slice pork tenderloin – cut bite size

INSTRUCTIONS:

- Divide the marinate for chicken and pork.
- Marinate the chicken and pork in a separate container.
- Mix all ingredients and marinate for few hours or over- night for better flavor.
- Thread the meat in bambooskewer and grill.
- Note: Thread the meat with red onion and bell peppers (optrional)



Tabouleh

Item: Salad Bowl & Saladmaster Machine

INGREDIENTS:

- 1/2 cup extra fine bulgur wheat
- 2 firm Roma tomatoes, very finely chopped, seeded
- 1 English cucumber very finely chopped
- 2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
- 10–12 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
- 2 green onions, white and green parts, very finely chopped
- Salt
- 2 tbsp lime juice (lemon juice, if you prefer)
- 2 tbsp extra virgin olive oil
- Romaine lettuce leaves to serve (optional)
- Mix all ingredients, can be made ahead of time.



Mediterranean Fruit Bowl

Item: Salad Bowl & Saladmaster Machine

INGREDIENTS:

FRUITS:

- 1 small pineapple
- ½ honeydew melon
- 1 small cantaloupe
- 1-2 cups slice apples
- 1-2 cups seedless grapes
- 1 can of mandarin
- 2-3 pcs Kiwi slice
- 1 lime slice (optional)

SYRUP:

- 1½ cup white sugar
- 1½ cup water
- 1 tbsp Anise seeds
- 2 tbsp Lemon juice
- ¼ tsp Salt



INSTRUCTIONS:

- Put the syrup ingredients to small saucepan, gently dissolve sugar; bring it to boil & simmer for 10-15 minutes. Cool slightly & chill
- Cut pineapple, honeydew, apples into small bite size. Put or arrange all the fruits in a large bowl add the slice lime if your using.
- Strain the chilled syrup over the fruits, cover and chill.
- Stir together gently and serve.
- NOTE: Any seasonal fruits can be used (strawberry, nectarines, apricot, blueberry)



Persian Cucumber Salad

Items: Salad Bowl & Saladmaster Machine

INGREDIENTS:

1 English cucumber, cut on Cone #3

1 Tomato, diced

2-3 Radishes, cut on Cone #2

1/4 Green cabbage, cut on Cone #3

1/4 Purple cabbage (1/4), cut on Cone #3

1/2 Red onion (1/2), cut on Cone #2

1-2 Tbsp Fresh mint, pinched from stem and minced fine

1-2 Tbsp Fresh basil, pinched from stem and minced fine 1

1-1/2 - 1 Tbsp Fresh parsley, pinched from the stem and minced fine

Feta cheese block (plain unseasoned) or crumbled

Lemon zest, Cone #1

Lemon juice, Cone #1

1/3 cup Olive Oil mayonnaise (or plain, light yogurt)

1-2 Tbsp Red wine or balsamic vinegar

Pinch of Kosher salt

Black pepper, to taste



INSTRUCTIONS:

- Chill 3.5qt Double Walled Bowl in the freezer for approx 5-7 minutes, remove and place under Saladmaster Machine cone.
- Cut English cucumber and both cabbages on Cone #3 into bowl.
- Cut radishes and red onion on Cone #2 into bowl.
- Add diced tomato, herbs, black pepper, and salt. Toss gently.
- Zest lemon and then juice, using Cone #1. Add mayonnaise (or yogurt) and vinegar. Toss gently to coat. Break feta block over all and toss very gently.
- Serve and enjoy!

