



Persian Spice Recipes

Basic Persian Rice:

Heat three tablespoons of oil in a heavy bottomed pan. Add half an onion, cut into thin half-moon slices and 1/4 teaspoon sea salt.

Sauté until onions are soft and slightly browned. Add 3-4 tablespoons of **Persian Spice** and sauté for another 2 minutes. Add 1 cup of white rice and 2 cups of cold water. Bring to a boil, reduce heat and cover. Allow to simmer for 15-20 minutes or until rice is fully cooked.

Persian Spice also works well with Brown Rice. Millet and Quinoa. Adjust water amounts and cooking time accordingly.

Persian Rice with Lentils

Using the same recipe as above, mix one cup dry rice with one cup of either dry green or red lentils. Double the spice quantity, and cook as above. Makes a delicious meal.

Oven Grilled Chicken:

Brush Chicken with olive oil, then dust with salt and pepper and crust liberally with **Persian Spice**. Bake at 350° until cooked through. Add a small amount of water to baking dish if spice begins to darken too much.

Oven Baked Potato Wedges:

Cut potatoes into wedges, brush with olive oil, dust with salt and pepper and crust liberally with **Persian Spice**. Bake at 350° until cooked through.

Persian Olive Oil Dip

Mix olive oil with **Persian Spice** for a delicious bread dip. It is preferable to remove the peas if you are not soaking the spice in the oil ahead of time.

Persian Yogurt Dip

Mix one tablespoon of **Persian Spice** to one cup of plain yogurt. Serve with bread, vegetables, potato wedges or chips. Flavor will increase if you allow the yogurt and spice to marinate.

Persian Soup Base

Heat three tablespoons of oil, add one onion and sauté until it is translucent. Add 1-2 tbsp of **Persian spice** for every 2 cups of water you will use. Sauté for a minute, then add water and vegetables for soup. Salt and pepper to your own preference.

Persian Spice Savory Scones

Combine:

Flour, sifted 2 2/3cups
Baking Powder 1t
Salt 1/4t
Baking Soda 1/2t

Sauté:

Butter 1/4cup
Diced Onion 1/2 cup
Persian Spice 2T

Mix:

Yogurt 1 1/2cups
Egg 1

Add to yogurt & egg:

Grated Carrot 1/2cup
Parsley 1/2 cup

Gently combine all of the above ingredients. Form into a circle, and gently cut into 6 pieces before baking. Bake at 400° for 20-25 minutes, or until lightly browned.

The Spice Caravan

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