

Clean Cooking with Induction

North Iranian Bademjan Kebab

by Hanif Sadr

ebce



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Yield 4 to 6 servings

Time 90 minutes

INGREDIENTS

Bieh sauce

- 4 bunch Cilantro
- 2 bunch Parsley
- 1 bunch Mint
- 1 bunch Green onion
- 1 M Yellow onion
- 5 cloves Garlic
- 10 oz Pomegranate molasses
- 1 lb Walnut
- 1 tsp Turmeric
- ½ tsp Paprika
- 8 oz Vegetable broth
- Canola oil
- Salt & pepper

Roasted Eggplant

- 4-6 Italian eggplant
- Olive oil
- Sumac
- Salt and pepper



INSTRUCTIONS

Step 1

Wash and dry all the herbs and Preheat oven to 350 F.

Step 2

Puree the herbs, garlic and onion in a food processor.

Step 3

Finely crush walnuts in a food processor.

Step 4

Heat up canola oil in a pan, add herbs mixture and walnut, stirring continuously for 15 minutes.

Step 5

After half of the water is gone add turmeric, paprika, salt and pepper and continue stirring for 5 minutes.

Step 6

Add the pomegranate molasses and vegetable broth and stir well. let it cook for 10 minutes stirring occasionally. Lower down the heat and cook the sauce for 20 more minutes.

Step 7

Cut the eggplants lengthwise and place on a baking sheet, skin side down. Season with olive oil, sumac, salt and pepper.

Step 8

Roast the eggplants for 20-25 minutes.

Step 9

Keep the eggplant on the baking sheet and scoop 1-2 Tbsp of the bieh on top of the eggplant. Cover the sheet with aluminum foil and put back in the oven for 8-10 minutes. Uncover the sheet for the last 3-5 minutes.

Step 10

Garnish with fresh herbs, sprouts, barberries, and pomegranate seeds.



WATCH THE VIDEO AT ebce.org/induction