

Northern Iranian Bademjan Kebab

by Hanif Sadr



Clean Cooking
WITH INDUCTION





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As your local clean energy provider, East Bay Community Energy (EBCE) is committed to electrifying kitchens at homes and businesses with newer energy efficient appliances.

Induction technology is a key component of this commitment, by helping to remove natural gas use from homes, which helps to achieve EBCE's commitment of 100% zero-carbon electricity by 2030 and the State of California's goal of carbon neutrality by 2045.

Through the Induction Cooktop Lending Program, EBCE would like to encourage you to consider adopting efficient electric cooking appliances such as induction cooktops and ranges, and join us in the fight against climate change.

Go to ebce.org/induction to find delicious cooking videos featuring renowned local chefs, recipe cards, and cooktop instructions. You will also find information about available rebates to help you purchase a new induction cooktop, range, and/or portable cooktop.

[Learn about the science behind induction cooking at ebce.org/induction.](https://ebce.org/induction)

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Yield: 4 to 6 servings **Time:** 90 minutes

INGREDIENTS

BIEH SAUCE

- 4 bunches cilantro
- 2 bunches parsley
- 1 bunch mint
- 1 bunch green onion
- 1 medium yellow onion
- 5 cloves garlic
- 10 ounces pomegranate molasses
- 1 pound walnuts
- 1 teaspoon turmeric
- ½ teaspoon paprika
- 8 ounces vegetable broth
- canola oil
- salt and pepper

ROASTED EGGPLANT

- 4-6 Italian eggplants
- 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 crushed walnuts, 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 the heat and cook the sauce for 20 more minutes.



[Watch the video at ebce.org/induction](https://ebce.org/induction)

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 eggplant 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.