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Northern Iranian Bademjan Kebab

by Hanif Sadr

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 pre-heat 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.

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.



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