

## Pistachio Kuku

¼ cup brown sugar  
¾ cup raw pistachio kernels  
4 eggs  
2 tablespoons milk  
1 teaspoon flour  
½ teaspoon baking powder  
¼ teaspoon ground saffron dissolved  
in 1 tablespoon hot water or  
rose water

½ teaspoon sea salt  
¼ teaspoon freshly ground  
black pepper  
6 tablespoons oil or butter

### GARNISH

1 tablespoon whole raw  
shelled pistachios  
1 tablespoon confectioners' sugar  
1 tablespoon ground rose petals

Makes 4 servings  
Preparation time: 10 minutes  
Cooking time: 20 minutes



*Kuku-ye pesteh*

### NOTES

Almonds or hazelnuts can be substituted for pistachios.  
Photo left: Cluster of fresh pistachios on the tree.

1. Preheat oven to 350°F (180°C).
2. In a food processor, coarsely grind sugar and ½ cup pistachios.
3. Break eggs into a bowl. Add milk, flour, baking powder, saffron water, salt, and pepper. Beat lightly with a fork.
4. Add the ground pistachio and sugar mixture and the remaining pistachio kernels to the egg mixture, and fold using a rubber spatula.
5. Heat 6 tablespoons oil in an 8-inch ovenproof baking dish in the preheated oven for 5 minutes. Pour in the mixture and bake uncovered for 20 minutes until lightly golden on top and a tester comes out clean.
6. Remove from the oven and cover with a serving platter. Allow to rest for 5 minutes (this helps to unmold the *kuku* more easily). Loosen the edges with a knife and invert onto the serving platter. Tap the bottom of the baking dish, let sit for a minute, then gently unmold. You may also serve it directly from the baking dish. Garnish with pistachios, and dust with confectioners' sugar and ground rose petals.

### VARIATION

**Stovetop-Style Kuku**—*Kuku* can also be cooked on top of the stove. Heat 6 tablespoons oil in a 10-inch skillet (or frittata pan) over medium low heat until hot but not smoking. Pour in the mixture and cook, covered, until it has set (about 10 minutes). If you have a frittata pan, simply flip over and cook for another 5 to 10 minutes until golden. If you do not have a frittata pan, instead of flipping, you can cook the top under a hot broiler for 1 minute until lightly golden.



MEAT

CHICKEN و

FISH

کتابها  
ماهی، مرغ،