

Yogurt, Cucumber and Rose Petal Dip

Makes 4 servings
Preparation time: 15 minutes
plus 10 minutes to 1 hours'
refrigeration

مست خیار

Mast-o khiar

NOTE

Drained yogurt, mast-e khiki, is available in Persian stores, or Greek yogurt is available at your supermarket.

4 Persian cucumbers, or 1 long seedless, peeled and diced
½ cup green raisins
3 cups plain whole-milk drained yogurt
¼ cup chopped spring onions
2 tablespoons chopped fresh mint
2 tablespoons chopped fresh dill weed
2 tablespoons chopped fresh oregano
1 tablespoon chopped fresh thyme

2 tablespoons chopped fresh tarragon
2 cloves garlic, peeled and grated
¼ cup shelled walnuts, chopped
1 teaspoon sea salt
½ teaspoon freshly ground pepper

GARNISH

½ teaspoon dried mint
2 tablespoons dried rose petals
1 tablespoon green raisins

1. In a serving bowl, combine cucumbers, raisins, yogurt, spring onions, mint, dill weed, oregano, thyme, tarragon, garlic, and walnuts. Stir thoroughly and season to taste with salt and pepper.
2. Cover and refrigerate for 10 minutes before serving.
3. Garnish with mint, rose petals, and raisins. Just before serving, stir gently, and serve as a side dish or as an appetizer with bread. *Nush-e Jan!*

VARIATIONS

Shirazi-Style Yogurt and Cucumber Dip (Mast-o khiar-e Shirazi)—Add the following to the garnish: 1 teaspoon toasted sesame, 1 teaspoon toasted nigella seeds, 1 teaspoon toasted coriander seeds, and 1 teaspoon toasted cumin seeds. Stir well just before serving.

Yogurt, Cucumber, and Rose Petal Soup (Abdugh khiar ba gol-e sorkh)—This dip can be transformed into a refreshing cold soup by adding 1 cup of cold water (or more to taste) and 2 or 3 ice cubes to the mixture. Add more salt and pepper to taste. Toast flat Persian bread or pita bread, cut into 1-inch squares, and add to the soup, just before serving, as croutons.

