



Fresh Herb Kuku

Makes 4 servings
Preparation time: 25 minutes
Cooking time: 1 hour

کوکوسبزی

Kuku-ye sabzi

STOVETOP COOKING VARIATION

This *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, pour in the mixture, and cook, covered, until it has set (about 15 to 20 minutes). If you have a frittata pan, simply flip over and cook for another 10 to 15 minutes until golden. If not, cook the top under a hot broiler for 2 minutes until lightly golden.

GARNISH

1 tablespoon oil, butter, or ghee*
1/3 cup barberries, picked over, soaked in cold water for 15 minutes and rinsed*
1 teaspoon grape molasses or sugar

BATTER

1/2 cup oil, butter, or ghee*
1 large or 2 medium yellow onions, peeled and finely chopped
6 eggs
1 teaspoon baking powder
2 teaspoons *advieh* (Persian spice mix)*
1 teaspoon sea salt
1 teaspoon freshly ground black pepper

1/2 teaspoon turmeric
2 cloves garlic, peeled and finely chopped
1/2 cup Romaine lettuce, finely chopped
1/2 cup finely chopped fresh spring onions
1 cup finely chopped fresh parsley
1 cup finely chopped fresh cilantro
1 cup finely chopped fresh dill
1 tablespoon dried fenugreek or 1 cup chopped fresh
1/2 cup coarsely chopped walnuts
1 tablespoon all-purpose flour

Herb kuku is a traditional New Year's dish in Iran. The green of the herbs symbolizes rebirth. Eggs represent fertility for the year to come.

1. Preheat oven to 400°F (200°C).
2. To make the garnish, in a wide skillet heat 1 tablespoon oil over low heat. Add the barberries and grape molasses, and stir-fry for 1 minute (beware, barberries burn easily). Transfer the barberries to a serving bowl and set aside.
3. Heat 2 tablespoons oil in the skillet over medium heat and sauté the onions until lightly golden. Remove the onions and allow to cool.
4. Break eggs into a large mixing bowl. Add baking powder, *advieh*, salt, pepper, and turmeric. Beat lightly with a fork. Add the garlic, lettuce, herbs, walnuts, flour, and sautéed onions. Fold gently using a rubber spatula (do not overmix).
5. Heat 6 tablespoons oil in an 8-inch ovenproof baking dish in the preheated oven for 5 minutes. Pour in the egg mixture and bake uncovered for 20 to 25 minutes until 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 (or serve it directly from the baking dish). Garnish with some of the barberries (place the rest on the table to use according to your fancy).
7. Cut the *kuku* into small pieces and serve hot or cold with *lavash* bread and yogurt. *Nush-e Jan!*