



KUKU SABZI or Persian Greens Casserole

Serving:

12-18 pieces

Type:

Pareve (dairy free) and vegetarian side dish or main

Author:

Susan Barocas

Notes:

From Susan Barocas: "Several years ago, a friend brought a version of this dish to my home for Passover Seder, and I fell in love with it, eventually creating my own version. Because it freezes so well, I often keep some in my freezer for last-minute meals or when cooking ahead for Passover. To me, it's as delicious as it is healthy. As with many Persian recipes, walnuts are used for flavor and texture, helping to "thicken" the casserole. As for the greens, you can add or subtract or substitute greens as you wish, still totaling about 8-9 cups. You can also play with the spices. I've seen versions with cinnamon and a pinch of nutmeg, and some with just salt and pepper."

Ingredients:

1 bunch parsley

1 bunch dill

2-3 leeks (about 3 cups) white and tender green parts

2 small heads or 1 large (about 2 cups) romaine lettuce

4 packed cups fresh spinach

1 bunch green onions

2 tablespoons matzah meal

1 1/2 teaspoon salt or to taste

1/2 teaspoon pepper or to taste

1 teaspoon cumin

1 teaspoon ground coriander

1 teaspoon turmeric

1/2 teaspoon fenugreek (optional)

Pinch of ground nutmeg (optional)

1/3 cup very finely chopped or ground walnuts or almonds (like almond meal)

6 eggs, beaten

3 tablespoons good vegetable oil (walnut oil adds extra flavor)

Directions:

Preheat oven to 350 degrees. Chop off the thick stems of the parsley and dill. Wash and finely chop each vegetable separately by hand or quickly pulsing in a food processor fitted with the metal blade. As they are done, put the chopped vegetables in a large mixing bowl. In a separate bowl, combine matzah meal, salt, pepper, all the spices and walnuts, mix well to combine. Add the beaten eggs and mix very well. Add the egg mixture to the vegetable-herb mixture and mix until completely blended.

Heat 2 tablespoons oil in 9x13-inch pan for a few moments in the hot oven. This will help create a crust on the bottom of the casserole. Working quickly, pour the vegetables into the very hot pan, pat smooth the top and lightly brush the top with the remaining tablespoon of oil. Bake for about 45 minutes or until the top is crisp and the edges golden brown. Let cool about 10 minutes before cutting into pieces the desired size.

Tips:

Kuku sabzi can be the center of a vegetarian meal, a side dish or cut small for appetizers. It's even good for breakfast. Serve warm or room temperature with sliced radishes and yogurt, either plain or mixed with grated cucumber and some finely chopped mint. A traditional way to eat this kuku is wrapped in flatbread with radishes, yogurt and more fresh herbs. The casserole freezes well, whole or cut into smaller pieces. Defrost before reheating for 15-30 minutes in a 350 degree oven, keeping it covered until the last 5 minutes.