

November Spice Club:

Advieh



Advieh, a captivating spice blend rooted in Persian cuisine, enhances dishes with a blend of sweet, warm, and floral notes. Comprising ingredients like cinnamon, cardamom, cumin, and dried rose petals, advieh mirrors the rich culinary history of the Persian region, influenced by the Silk Road and diverse culinary traditions.

On the topic of grains, Joyce Goldstein writes in *The New Mediterranean Table*: “Rice is a star in the Persian Jewish kitchen, where it is traditionally served as a side and, when mixed with meat and poultry, as a main course.” To this end, the advieh spice blend is widely utilized in Persian and Iranian cuisine for rice dishes, stews, grilled meats, and sweets, offering versatility in both savory and sweet applications. Its unique profile especially shines in slow-cooked dishes to create rich and nuanced flavors. One may encounter trouble when searching for recipes that include advieh, however, because cookbook writers may spurn the use of “advieh” over listing spices individually.

Beyond its cultural origins, advieh has gained global acclaim, favored by chefs and home cooks for its transformative qualities. A pantry essential, it adds warmth and depth to dishes, bridging the culinary gap between tradition and innovation. Embrace the exotic allure of advieh, whether crafting Persian classics or exploring new culinary horizons.

Persian Roast Chicken

Chef Mireille, GlobalKitchenTravels.com

“Persian Roast Chicken makes an easy weeknight dinner. The spice blend infused with rose and cinnamon is versatile and can be used on a variety of meat or vegetables.”

¼ cup advieh
1 ½ lbs. chicken pieces
1 ½ TBSP Greek yogurt
1 TBSP olive oil
½ TBSP water
¾ tsp salt
cilantro garnish, as desired

In a large bowl, combine yogurt, olive oil and salt. Add the advieh spice mix and mix well.

Add chicken pieces and toss well so that the chicken pieces are well coated with the marinade. This is a thick marinade and will just coat the chicken.

Preheat oven to 375° F. Spray a shallow casserole dish with nonstick spray. Place chicken pieces in dish and bake for 30 minutes.

Flip chicken pieces and cook for another 15 minutes. Then switch to broiler and broil for 5 minutes on each side.

To serve, garnish with chopped cilantro.

Note: for a deeper flavor, marinate the chicken for at least 30 minutes or even overnight in the fridge before cooking.

Kuku Sabzi کوکو سبزی

Homa, PersianMama.com

Serves 4-6 | Prep time: 30 mins. | Cook time: ~ 1 hour

4 cups sliced garlic chives or green parts of scallions	½ tsp rice spice (advieh)
¾ cup chopped fresh cilantro	½ tsp turmeric
½ cup chopped fresh dill	¼ tsp freshly cracked black pepper
6 large eggs	Pinch of ground cayenne pepper
2 TBSP Greek yogurt	¾ cup walnut halves
1 TBSP flour	2 TBSP zereshk (barberries), optional
¾ tsp baking powder	3 TBSP vegetable oil
½ tsp salt	1 TBSP unsalted butter
	Optional garnish: 6 walnut halves

Pick through the garlic chives or scallions and use a sharp knife to slice them into ¼ inch pieces. Rinse the chives several times in a large bowl with water to make sure they're free of dirt, then drain in a colander and spread out and air dry on a kitchen towel for 4-5 hours. Do not skip this step. The drier the chives are before you cook them, the firmer texture the kuku will have.

Pick through and wash the cilantro and dill and let them drain in a colander. Roughly chop them and add them to a large bowl. Add the prepared chives to the bowl.

Toast the walnuts whole in a small skillet over low heat for 10 minutes, until it has a nutty aroma. Cool completely before coarsely chopping them. Set aside.

In a medium bowl add the eggs, yogurt, flour, baking powder, salt and spices. Whisk for several minutes until uniformly blended.

Add the egg mixture to the herbs. Use a wooden spoon to mix until all the herbs are well coated. Add walnuts and optional zereshk, stir to combine.

In a nonstick 10-inch skillet heat the vegetable oil and butter over medium heat. The oil should be very hot but not smoking. Add the herb and egg mixture. Use a spatula to smooth the top and press down gently.

Press down slightly the optional 6 walnut halves on the top with equal distance from each other. Cover the skillet and reduce heat to medium low. Cook for about 20 minutes. The top will look cooked and will be firm to touch and the edges will be sizzling. Remove from the heat.

Remove the cover and place a 12-inch platter upside down over the skillet. Using two potholders carefully turn both the platter and the skillet together and invert the kuku onto the platter. The browned side will be up now.

Reduce heat to low and slide kuku back into the same skillet with the cooked side up. Cover and continue cooking over low heat for another 20 minutes. Remove from the heat and cool on a rack for 10 minutes. Invert the kuku onto the serving platter and cut into 6 equal wedges. Serve with toasted flat bread and a salad.

Suggested Reading on Persian Cuisine

Donia Bijan, *Maman's homesick pie: a Persian heart in an American kitchen*

Sabrina Ghayour, *Feasts: Middle Eastern food to savor & share*

Naomi Duguid, *Taste of Persia: a cook's travels through Armenia, Azerbaijan, Georgia, Iran, and Kurdistan*

Jila Dana-Haeri with Shahrzad Ghorashian, *New Persian cooking: a fresh approach to the classic cuisine of Iran*

Najmieh Khalili Batmanglij, *The new food of life: a book of ancient Persian and modern Iranian cooking and ceremonies*