

TASTE OF PERSIA: Cook Along with Seema Haider

Ingredient Shopping List

Below is a list of ingredients you'll need to prepare dinner with Seema Haider.

Produce

- 3 chopped Persian cucumbers (or half greenhouse grown)
- 2 Tbsp dried mint (or 1/4 cup chopped fresh)
- 1 cup *Zereshk* (red dried barberries)

Poultry

- 5 chicken drumsticks and 5 chicken bone-in thighs

Dairy Items

- 2 cups yogurt (whole milk or greek)

Pantry Items

- 3 1/2 cup rice
- 1/4 cup yellow raisins
- 1/2 tsp + 1 tbsp garlic powder
- Salt
- 1/2 tsp + 1 tbsp black pepper
- 4 tbsps lemon juice
- 2 tbsp + 1.5 sticks butter
- 1 tsp + 3/4 tsp *Zaffaran/Saffron*
- Red chili powder (optional)
- 1/4 cup sugar
- 1/4 cup cooking oil (grape seed oil, or any healthy neutral-tasting oil of your choice)

Local Grocers Who Stock Persian Ingredients

Sabb's Market Inc.

[1001 Boston Providence Hwy, Norwood, MA 02062](#)

Arax Market

[585 Mt Auburn St #4154, Watertown, MA 02472](#)

Equipment Needed

Below is a list of tools you'll need to prepare dinner with Seema Haider.

Cutlery

- Cutting board
- Chef's knife

Hand Tools/Gadgets

- Measuring cups and spoons

- Mixing bowls
- Spatulas
- Ladle
- Wooden spoons
- Whisk
- Strainer

Cookware

- Heavy bottomed nonstick pan with a lid 6 to 8 quarts in size
- Large skillet that will accommodate all the chicken in a single layer
- Small saucepan or frying pan
- Glass Bowl for the cucumber dip
- Large serving platter for the rice dish

Tabletop

- Serving dishes and utensils

Notes

- Please gather all ingredients prior to class if you will be cooking along.
- Wash and dry all fresh produce.
- Pre-measure ingredients.