



Kookoo-e Sabzi

Navruz is the Persian New Year festival. It is celebrated not only in Iran but also in Afghanistan, Kurdish regions, and Central Asia. Navruz, which literally means “new day”, is held on March 21, which marks the end of the winter season, the onset of spring, and the beginning of field work.

The festival originated long before the emergence of Islam and has roots in the Zoroastrian religion. As a result, some of the more orthodox Islamic movements view this festival in a less than positive light. In addition to attempts to Islamize the holiday, there have been efforts to suppress it all together. This is why many Iranians see the festival as a subtle way of protesting against the country’s islamification.

For Navruz, a table is festively decorated with Haft Sin. Haft Sin is an ensemble of seven dishes and objects all of which start with the letter Sin. They include wheat sprouts or fresh herbs (sabze), garlic (sir), apples (sib), and coins (sekke). They symbolize regeneration, health, love, and all the other good things that one wishes in the New Year.

The fresh green omelet with herbs, called kookoo-e sabzi, is one of the traditional dishes and essential elements of the Navruz dinner.

For 3-6 servings:

- 8 eggs
- 1 teaspoon flour
- 1 tablespoon barberries
- ⅓ cup (50 g) finely chopped walnuts
- ¼ teaspoon black pepper
- ½ cup (125 ml) oil or butter
- ½ cup (125 g) spring onions or garlic, finely chopped
- 2 cups (500 g) parsley, finely chopped
- ½ cup (100 g) fresh coriander (cilantro)
- ¼ cup (50 g) fresh dill
- ½ cup (3 tablespoons) dried fenugreek leaves
- 1 teaspoon salt

A holiday feast should be sumptuous! That’s why for once you get a recipe with more than 5 ingredients.

Instructions:

Soak the barberries in water for 15 minutes before cooking and then rinse. In a bowl, combine the eggs, half the oil, and all the other ingredients except the fresh and dried herbs. Beat well with a fork, then gently stir in the herbs.

Preheat the oven to 250°F (120° Centigrade). Pour the remaining oil into an ovenproof casserole, add the batter, and bake for 40–45 minutes. Cover the casserole with aluminum foil for half the baking time in order to prevent the crust of the omelet from drying out. Cut into pieces and serve!

