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INGREDIENTS

Herbs (you can use fresh, dried, or frozen herbs)

If you use fresh herbs:

- Cilantro (1 bunch)
- Parsley (2 bunches)
- Dill (1 bunch)
- Scallion/Green Onion (2 bunches)

Wash all the herbs thoroughly, chop finely, and let it air dry for 3-4 hours before using.

If you use dried/dehydrated herbs:

- Use 1 can (soak for 15 minutes in water, drain, and let dry.)

If you use frozen herbs:

- Use 1 package

Additional Ingredients

- 10 eggs
- 1 tsp baking soda or baking powder
- 1 tbsp of flour
- 1 tsp of turmeric
- 1 tbsp of salt (or to taste)
- Pepper to taste
- Olive oil

Optional Ingredients

- Dried Barberries (Zereshk) – can be used as a mix-in.

HOW TO MAKE KOO KOO SABZI

A Vegetarian Persian Herb Frittata



1. In a large bowl, place the chopped herbs and add the baking soda, flour, turmeric, salt, and pepper (as well as the zereshk, if using).

Next, add the eggs and beat with the herbs briefly to mix. It is important NOT to over beat the eggs.



2. In a large skillet, add enough olive oil to cover the bottom of the pan and turn the heat on high. (The key is for the pan and oil to be HOT.)

With a large wooden spoon, carefully add the egg mixture into the pan from the outside to the center. Use the spoon to smooth and flatten the top.



3. For Side 1: Cook on high heat for 5 minutes to allow the egg mixture to harden. (Tip: shake the skillet occasionally to keep from sticking to the pan.)

After 5 minutes, lower the heat to medium and cover with a lid. When the egg mixture starts to somewhat set at the top and center, it's time to flip.

If you want the koo koo to be in one piece, put a large plate over the fry-pan and flip. Otherwise, with a spatula, cut the koo koo into 6-8 wedges and flip the pieces individually. Add a tbsp of olive oil back into the pan, if dry.



4. For Side 2: Cook on high heat for 5 minutes to harden and create a crust; then lower the heat to medium again and cover with a lid for 5 minutes.

If it needs to be cooked longer, keep the lid and lower the flame to a lower heat for another 5 minutes.



To Serve:

You can serve the koo koo over rice as a main entree (served with a side of torshi and yogurt), or with pita bread as a sandwich.