

Fresh Herb Kuku

Garnish

1 tablespoon oil, butter or ghee
1/3 Cup Barberries (substitute with cranberries), picked over, soaked in cold water for 15 minutes, drained and rinsed.
1 teaspoon grape molasses or sugar
2 tablespoons water

Batter

½ cup oil, butter or ghee
2 cloves garlic, peeled and finely chopped*
1 large or 2 medium yellow onions, peeled and finely chopped*
6 eggs*
1 teaspoon baking powder
2 teaspoons advieh (Persian spice mix)
1 ½ teaspoons sea salt
½ teaspoon turmeric
1 tablespoon dried fenugreek leaves or 1 cup chopped fresh (optional)



Servings: 4 Preparation Time: 45 Min Cooking Time: 40 Min

½ cup Romaine lettuce, finely chopped
½ cup finely chopped fresh spring onions
1 cup finely chopped fresh parsley*
1 cup finely chopped fresh cilantro*
1 cup finely chopped fresh dill
1 teaspoon freshly ground black pepper
½ cup coarsely chopped walnuts
1 tablespoon all-purpose flour

*Ingredients Available at the Farmers' Market

Directions

1. To make the garnish: in a wide skillet place tablespoon oil, the barberries, grape molasses, and 2 tablespoons water, and stir-fry for 4 minutes over medium heat (beware, barberries burn easily). Transfer the barberries to a small bowl and set aside.
2. Heat 2 tablespoons oil in the skillet over medium heat and sauté the onions until lightly golden. Remove the onions and allow to cool.
3. Break the eggs into a large mixing bowl. Add baking powder, advieh, salt, pepper, and turmeric. Beat lightly with a fork. Add the garlic, lettuce, herbs, walnuts, flour, and sautéed onions. Fold gently using a rubber spatula (do not overmix).
4. Heat 6 tablespoons oil in a 10-inch skillet (or frittata pan) over medium-low heat, pour in the mixture, and cook, covered, until it has set (about 15 to 20 minutes). If you have a frittata pan, simply flip over and cook for another 10 to 15 minutes until golden. If not, cook the top under a hot broiler for 2 minutes until a tester comes out clean.
5. Transfer the kuku to a round serving dish and garnish with barberries. Cut the kuku into wedges and serve hot, or at room temperature, with lavash bread and drained yogurt.

Notes: To make your own Advieh (Persian Spice Mix) combine 2 tablespoons ground dried rose petals, 2 tablespoons ground cinnamon, 2 tablespoons ground cardamom and 1 tablespoon ground cumin. (Makes about ¼ pint).