



## **Incredible Iranian "Dooymaaj" Bread Salad+Buttermilk Mint Dressing+Creamy Mint Frosties**

By Dylan Sabuco

**Prep Time** 25 / **Cook Time** 5 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH

☐ 2 small bunches mint

☐ 1 small bunch basil OR 1 T dried basil leaves

☐ 1 small bunch parsley OR 1 T dried parsley

☐ 2 lemons

☐ DAIRY

☐ 1/2 cup feta cheese, crumbled **\*\*(see allergy subs below)\*\***

☐ 3 1/4 C milk **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 12 small flatbreads, tortillas, or pita bread **\*\*(see allergy subs below)\*\***

☐ 1/4 cup pepitas or sunflower seeds, roughly chopped

☐ 3 T dried cranberries

☐ 1/2 C + 1 tsp sugar

☐ 1/2 tsp salt

☐ 1/2 tsp ground black pepper

☐ HAVE ON HAND

☐ 2 C ice

## Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**chop:** to cut something into small, rough pieces using a blade.

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**toast:** to brown and crisp food in a heated skillet or oven, or in a toaster.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

## Equipment

- ☐ Skillet
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Wooden spoon
- ☐ Large salad or mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Zester or (or grater with small zesting plate/side)
- ☐ Citrus squeezer (optional)
- ☐ Spatula
- ☐ Medium mixing bowl
- ☐ Liquid measuring cup

- ☐ Whisk
- ☐ Blender (or pitcher + immersion blender)

## Ingredients

### Incredible Iranian "Dooymaaj" Bread Salad

- ☐ 12 small flatbreads, tortillas, or pita bread **\*\*(for GLUTEN ALLERGY sub 12 corn tortillas)\*\***
- ☐ 1 small bunch mint
- ☐ 1 small bunch basil OR 1 T dried basil leaves
- ☐ 1 small bunch parsley OR 1 T dried parsley
- ☐ 1/4 cup pepitas or sunflower seeds
- ☐ 1/2 cup feta cheese, crumbled **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free feta cheese)\*\***
- ☐ 3 T dried cranberries
- ☐ 1 lemon

### Buttermilk Mint Dressing

- ☐ 1/4 C milk **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- ☐ 1 tsp granulated sugar
- ☐ 1/2 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 1 lemon
- ☐ 1 mint sprig

### Creamy Mint Frosties

- ☐ 1 mint sprig
- ☐ 2 C ice
- ☐ 3 C milk **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- ☐ 1/2 C granulated sugar

## Food Allergen Substitutions

### Incredible Iranian "Dooymaaj" Bread Salad

**Gluten:** Substitute 12 corn tortillas for flatbread.

**Dairy:** Substitute dairy-free/nut-free feta cheese.

## Buttermilk Mint Dressing

**Dairy:** Substitute dairy-free/nut-free milk.

## Creamy Mint Frosties

**Dairy:** Substitute dairy-free/nut-free milk.

## Instructions

### Incredible Iranian "Dooymaaj" Bread Salad

#### intro

"Salām" or "Hello" in Persian (or Farsi)! Dooymaaj (DOH-ee-mash) is an Iranian snack often served to children during various celebrations. This snack consists of flatbread, dried fruits, and nuts rolled into a cookie bar shape, chilled, and gobbled up. This interpretation of the classic will change the traditional cookie into a bread salad. It is similar to a panzanella salad but is from Iran instead of Italy. The best part about dishes like this is that you can mix and match your favorite ingredients and salad dressing with different breads, so you always have a unique "dooymaaj" salad to try! Enjoy!

#### chop + toast

Start off by tearing or chopping **12 pieces of flatbread** into rough triangles. There is no right or wrong size for this recipe. Place the torn or chopped bread into a dry skillet and turn the heat to medium-high. Toast the bread for about 5 minutes or less, stirring occasionally until brown. You can make your bread as brown and toasty as you like. I even like to get a slight char on the edges of my bread. Once toasted, remove the bread from the skillet and place in a large bowl.

#### tear + measure

Tear **1 small bunch of mint leaves**, **1 small bunch of basil leaves**, and **1 small bunch of parsley leaves** as finely as you can. Then, place all the fresh herbs into the bowl with the bread. Then, measure and add **1/4 cup pepitas or sunflower seeds**, **1/2 cup crumbled feta cheese**, and **3 tablespoons dried cranberries**.

#### zest + slice + juice

Wash and zest the yellow peel of **1 lemon** into the salad bowl (avoiding the bitter pith or white part). Then, slice the lemon in half and squeeze the juice into the bowl.

### toss + serve

Toss the salad really well so that all the herbs are fully incorporated. You can add a big drizzle of **Buttermilk Mint Dressing** to bring the whole salad together or eat it right away! "Bé salāmati" (Bay Sah-lah-mah-tee) or "Cheers" (literally, to your health) in Persian (or Farsi), the predominant language of Iran!

### Buttermilk Mint Dressing

#### measure + whisk

Measure and whisk **1/4 cup milk, 1 teaspoon sugar, 1/2 teaspoon salt**, and **1/2 teaspoon black pepper** in a medium mixing bowl.

#### slice + squeeze

Slice **1 lemon** in half and squeeze all the juice into the bowl of milk. This will make the milk turn into buttermilk. Stir the juice and milk together. The milk will start to separate if you let it sit too long, so be ready to toss this dressing on your salad right away.

#### tear + stir + drizzle

Finally, tear **1 sprig of mint leaves** into tiny shreds. Add the mint to your buttermilk mixture, stir a few times and drizzle over your **Incredible Iranian "Dooymaaj" Bread Salad!**

### Creamy Mint Frosties

#### measure + blend

Measure and add **1 sprig of mint leaves, 2 cups ice, 3 cups milk**, and **1/2 cup sugar** in a blender (or pitcher for use with an immersion blender). Then, blend until smooth! It's that easy. This drink is perfect for washing down your Incredible Iranian "Dooymaaj" Bread Salad + Buttermilk Mint Dressing!

## Featured Ingredient: Flatbread!

Hi! I'm Flatbread!

"I'm one of the earliest foods made by humans! I come from and have various names in many different countries and cuisines. You may have heard of or tasted a pita, naan, or tortilla. Well, those are all flatbreads!"

Charred bread crumbs from 12,400 BCE were found in Jordan in 2018. They were likely from flatbread made of wild barley, oats, or wheat since agriculture started 4,000 years later in the region. Archaeological evidence of flatbread has also been found in ancient civilizations in Egypt, Mesopotamia, and the Indus Valley.

Flatbreads generally consist of flour, salt, and water. They can be unleavened or leavened (with yeast or another raising agent) and originally may have been baked on a hot stone and later in clay ovens. Today,

flatbreads may be cooked in a frying pan, on a griddle, or in an oven.

Flatbreads around the world include the "pita" from the Mediterranean and Middle East, "naan" from India, "tortilla" from Latin America, "bannock" from Scotland, "borlengo" from Italy, "lagana" from Greece, "frybread" from North American Indigenous peoples, "chapati" or "roti" from India and some Asian, Caribbean, and African countries, and Persian "barbari."