



## Incredible Iranian "Dooymaaj" Bread Salad

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 5 / **Serves** 4 - 6

### 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.

### 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

### 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

## Food Allergen Substitutions

### Incredible Iranian "Dooymaaj" Bread Salad

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

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

## 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!

## 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."