



Weekend Passport:

Shirazi Salad

FOODS OF THE WORLD

Cooking can be an adventure, a way to discover different flavors of the world. Each culture has a unique way of combining ingredients and flavors. Think about Italian versus Chinese food. These two cultures use very different oils, spices, and herbs to create equally flavorful, yet very diverse recipes.

Different cultures also use a variety of tools and techniques in the kitchen. For example, a pasta machine is a common tool in Italian cooking while a wok is used frequently in Asian cultures for a stir fry. For Mexican cultures, a tortilla press and a molcajete (mortar and pestle) are staple items in the kitchen for homemade tortillas and guacamole or salsa.

Did you know? Persian Cuisine

Persia refers to a historic region in southwestern Asia in an area that is now modern-day Iran. Common foods and ingredients in the Persian cuisine include pistachios, almonds, walnuts, pomegranates, figs, persimmons, lemons, and grapes. Spices common to Persia include saffron, ginger, cardamom, and cinnamon.

The Shirazi salad that we are preparing today is named after the beautiful city of Shiraz, known for its enchanting gardens and rich Persian history. The Shirazi salad is like a Middle Eastern pico de gallo and is used similarly for many traditional dishes.

Try the Recipe!

Shirazi Salad

<https://bit.ly/34qxONM>

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsantonia and we just might share your photo!

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