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## CHALLENGE

Prepare a recipe with as many FLOSN ingredients as possible, while keeping your meal under \$4 per person — to create a delicious organic *and* budget-friendly meal! Include an entree, vegetable, and side dish.

- Create a document with a full report on your meal, including where you sourced your ingredients, what percentage were FLOSN, and what you learned during the process. Was it easy to stay on budget? How did FLOSN food costs stack up? Did you have to travel far to purchase ingredients? How far did the food travel to your local market?
- Share recipes and meal preparation with photos, as well as how you will manage leftovers and waste.
- Post photos and/or videos of the recipe, preparation and final dish — and caption it with a brief description, as well as the full recipe on Instagram. Tag @TurningGreenOrg and any organic companies you sourced ingredients from. Don't forget to use #PGC2022. We can't wait to see your dish!

Well, I bought my ingredients from jome bazar. jome bazar is a local market in our city where farmers sell their crops every Friday. Most of the ingredients I bought were FLOSN. it was easy for me to stay on budget because \$4 is partly a lot of money in the currency of my country. actually, my home is about 2 kilometers from the market and I didn't travel far to buy ingredients.



## Kashke Bademjan

Kashke Bademjan is one of the most popular Persian foods. Bademjan is eggplant in Farsi, and kashk is a yogurt product that traditionally is made through a long process, from very firm strained yogurt. The final product is either formed into balls, or pressed through a large holed sieve into strips, and dried. When dried kashk is used in a recipe it has to be soaked in small amount of warm water and dissolved gradually to produce a light tan-colored, thick creamy liquid.

### INGREDIENTS

3 medium tomato and eggplants, peeled

4 TBSP oil

1 large garlic clove, minced

½ cup water

1/2 tsp salt

⅛ tsp pepper

⅛ tsp turmeric powder

⅓ cup walnuts

1 large onion, peeled and diced medium

2 tsp crushed dried mint leaves

¾ cup kashk



## INSTRUCTIONS

Cut the peeled eggplants and tomatoes in half or quarters lengthwise.

Heat oil in a medium nonstick skillet over medium high. Arrange the eggplants in a single layer in the skillet. Cover the skillet and fry the eggplants for about 7 minutes, or until golden brown on one side. Flip over the eggplants, cover again and fry the other side for another 5-7 minutes, or until the eggplants can easily be poked with a fork. Don't leave the eggplants unattended. The high heat will burn them very quickly. Meanwhile in another skillet heat 3 TBSP oil over medium heat and fry the diced onion until golden brown. Add the minced garlic, tomatoes, kashk, dried mint, water, salt, pepper powder, and turmeric powder to the skillet with the fried eggplants. Cover and cook over low heat for about 15 minutes, or until the eggplants are very tender and all the water is cooked off. Turn the heat off and mash the eggplants with a fork to small pieces. In the same food processor add ½ cup walnuts and process until very fine, about 1 minute. Do not over process, walnuts are soft and tend to turn to a paste very quickly. Once the fried onions are golden brown remove the skillet from the heat and add 2 tsp crushed dried mint leaves. Stir to combine and set aside. Add the onion mixture along with the processed walnuts to the mashed eggplants and tomatoes. Give it a good stir to blend well. Stir in ¼ cup kashk to the eggplant mixture until uniformly blended.

Transfer the eggplant mixture to the serving bowl. Serve warm or at room temperature with any kind of bread.



## Soup Jo

Soup Jo is Cream of Barley Soup. It is very wholesome and satisfying and perfect for this time of year. It has the barley (jo) goodness combined with fresh ingredients.

### INGREDIENTS

1 TBSP oil

3/4 cup dry barley

3/4 cup rice

½ -3/4 tsp salt

1/4 tsp pepper

1/4 tsp turmeric powder

2 TBSP fine chopped fresh parsley, Coriander and mint

1 onion, peeled and diced medium

1 TBSP tomato paste

5\_6 dry Prune



## INSTRUCTIONS

fry the diced onion until golden brown. Pour the salt, pepper and turmeric powder into the fried onion. Then add the tomato paste and mix everything together. then pour the water along with the dry prune, after the water boils, first add the rice and then the barley and let both of them boil in the water for 3 minutes. Then we add parsley, coriander and mint. We leave the whole food on low flame for 20 minutes until it is fully cooked.



Well, in fact, we didn't have much food waste and leftovers, but we dried and chopped the small amount like the peel of fruits and vegetables under the sun, and then took them for my grandmother's pots, which needed fertilizer.

And this is my final foods and vegetables.





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Soup Jo

Soup Jo is Cream of Barley Soup. It is very wholesome and satisfying and perfect for this time of year. It has the barley (jo) goodness combined with fresh ingredients.

I hope you make these dishes and enjoy eating them. Bon appetit 🍴



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