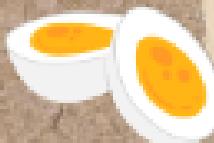


# The Recipe of Me

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## ABOUT OLIVIA

As a Cultural Anthropology major with a minor in Museum Studies and Gallery Practices, Olivia Azadmanesh delves deep into the exploration of self identity through the lens of food. Her journey with food is not just about sustenance but a profound connection to her roots.

Being of Iranian descent and growing up in Colorado, Olivia finds a profound sense of belonging and expression through the rich tapestry of food. Despite never having visited Iran, not speaking much Farsi, and having limited exposure beyond her immediate family, food has been her bridge to her family, personal identity, and even a means of communication. This book is a curated collection of family and personal recipes that serve as a testament to her personal evolution.

For Olivia, cooking is more than a hobby—it's her love language, her passion, and a means to create cherished memories with loved ones. Her kitchen is not just a space for cooking but a canvas where cultural narratives come to life, each dish telling a story of exploration, identity, and the shared experiences that transcend borders.

Bon appétit and khoshmaze bashti (enjoy your meal!)

# The Recipe of Me

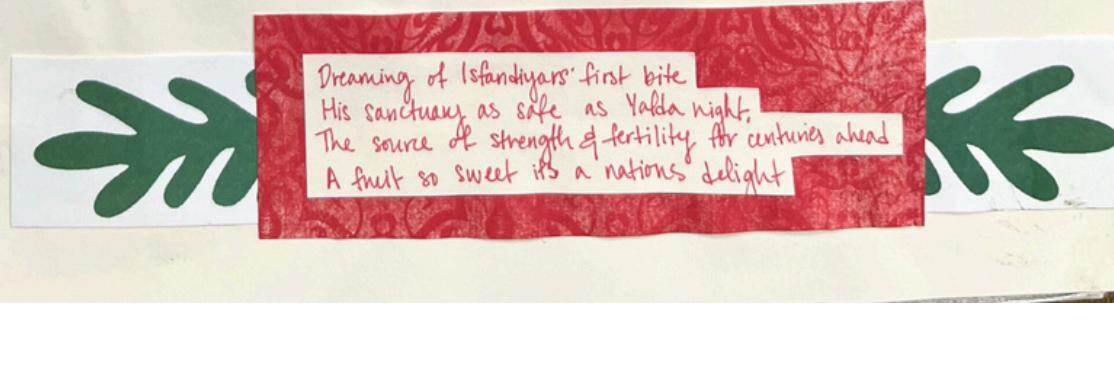
## Table of Contents

1. Khoresh-e Fesenjoon
2. Colorado Green Chili
3. You Are What You Eat
4. A Love Letter to Chai
5. Salsa Ramen
6. Lubia Polo
7. References



The rubā'i, pronounced *rubā'i*, plural *rubā'iyāt*, is a two-lined stanza of Persian poetry, each line of which is divided into two hemistichs making up four altogether.

A rubā'i could easily be memorized, and as easily imitated. It could be recited in coteries of like-minded people, both for entertainment and to afford relief from oppression through private derision of phrasaically maintained dogmas.



Dreaming of Isfandiyars' first bite  
His sanctuary as safe as Yalda night,  
The source of strength & fertility for centuries ahead  
A fruit so sweet it's a nations delight

COOK TIME  
1.5 hours

# KHORESH-E FESENJOON

SERVINGS  
4-6

## INGREDIENTS

### YELLOW ONION

1 ½ CUP OF RAW UNSALTED WALNUTS

1 LB OF CHICKEN OR TURKEY

1 CUP POMEGRANATE MOLASSES (ALTERNATIVELY ½ A CUP OF SUGAR, ONE CUP OF POMEGRANATE JUICE COOKED DOWN)

DRIED LIME (OR LIME JUICE)

SALT, PEPPER, TURMERIC

FRESH POMEGRANATE SEEDS

## BACKGROUND

This is a traditional holiday meal for Yalda, or winter solstice. The Zoroastrian holiday celebrates the longest night of the year as a symbolic opposing force of darkness. It's customary in Persian households to stay home, read poetry, play music, and enjoy fruits and nuts to welcome the warm, fruitful months ahead, and spread kindness and positivity in an effort to spread warmth from within. On Yalda, we eat fesenjoon.

Full transparency, fesenjoon is not my favorite meal, but it is arguably one of the most culturally significant dishes in my life. Not only for Yalda, but also for Thanksgiving. Typically we enjoy a classic American Thanksgiving dinner with the American side of my family, and then use the overly abundant turkey leftovers to make fesenjoon.

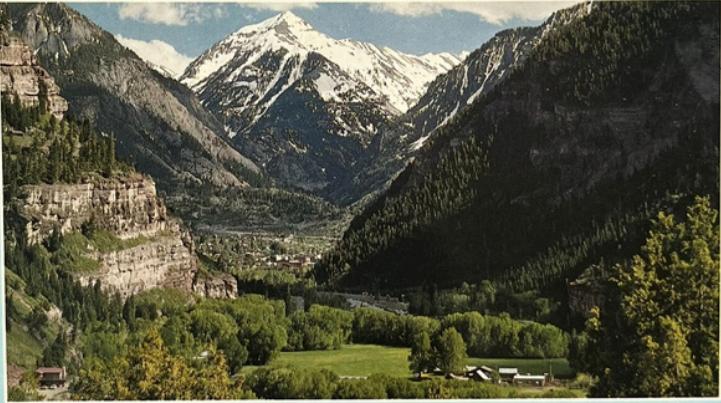
This meal is a combination of sweet, sour, and savory. Feedback from my American friends has mostly been that it's an acquired taste. It doesn't do well at Friendsgiving, but it is a staple for myself and usually one or two overly supportive food-adventurous friends. One that I appreciate symbolically, but not my go-to meal. Anyway, here's the recipe.



## INSTRUCTIONS

- Fry onions in olive oil and season with turmeric (let's say a teaspoon) set aside
- Grind up a cup and a half of raw walnuts in a food processor until it turns into a tan-colored paste. If you don't have a food processor, start smashing- I'd recommend a hammer or meat tenderizer
- Hopefully, you've had some luck at your local Middle Eastern imports store and found some pomegranate molasses, if not you'll need some pomegranate juice and sugar.
- Shred your cooked turkey or chicken
- Add all ingredients (walnut paste, cup of pomegranate molasses, and fried onions)
- Simmer on low for at least an hour
- Salt and pepper to taste
- Serve with Persian rice
- Garnish with fresh pomegranate seeds





*Greetings from:*

C O L O R A D O

Ouray

# COLORADO

EVERYTHING TASTES BETTER WITH GREEN CHILI



EVERYTHING TASTES BETTER WITH GREEN CHILI

EVERYTHING TASTES BETTER WITH GREEN CHILI

## Colorado Green Chili



I'M NOT SURE IF IT'S A SAUCE  
OR A SOUP, BUT I AM SURE  
IT'S DELICIOUS.

### INGREDIENTS:

- CHICKEN
- 2 TBSP BUTTER
- 1 TBSP. MINCED GARLIC (ABOUT 2 CLOVES)
- $\frac{1}{4}$  TSP PEPPER
- 3 TBSP. FLOUR
- 2 CUPS DICED FRESH TOMATOES (OR SUBSTITUTE 1 14 OZ CAN)
- 2 CUPS OF CHICKEN BROTH
- 1 CUP WATER
- 2  $\frac{1}{2}$  CUPS DICED GREEN CHILES
- 2 CUPS DICED ONION.
- SALT & PEPPER TO TASTE.

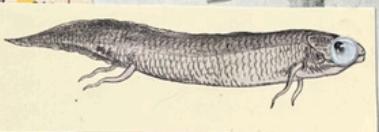
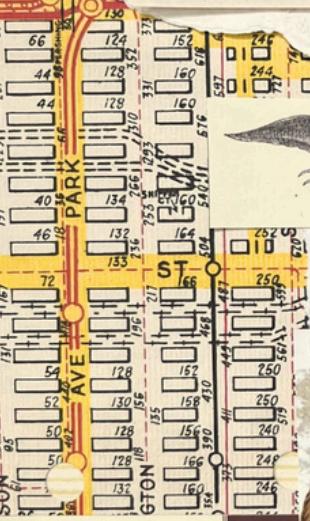


### INSTRUCTIONS:

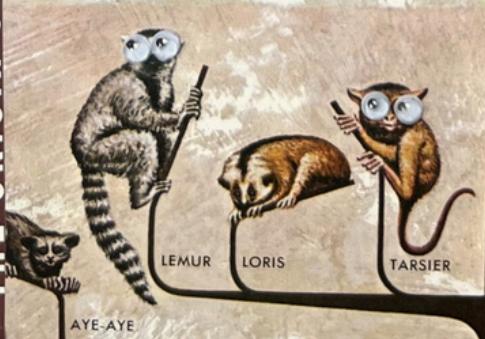
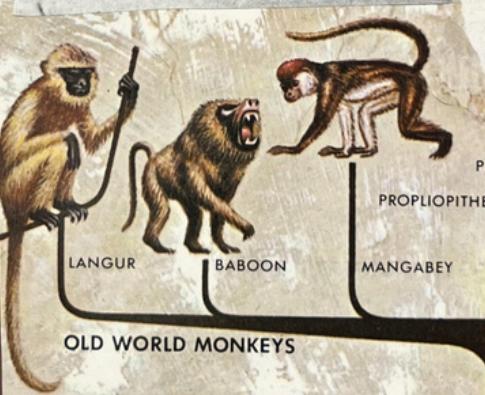
1. BROWN CHICKEN IN SKILLET WITH BUTTER, GARLIC AND PEPPER. ADD FLOUR AND BROWN AS WELL.
2. IN CROCK POT, MIX CHICKEN, GARLIC, TOMATOES, WATER, GREEN CHILES AND ONION. SIMMER FOR AT LEAST 2 HOURS. WATER CAN BE ADDED TO THIN DOWN AND FLOUR CAN BE ADDED TO THICKEN.
3. (YOU CAN ALSO COOK IT IN A LARGE POT ON THE STOVE AT LOW HEAT.)
4. HINT: LET SIMMER AT LEAST AN HOUR BEFORE TASTING AND MODIFYING BY ADDING CHILES, MORE TOMATOES, GARLIC, ETC.
5. THIS IS A VERY MEATY, VERY SLIGHTLY THICKENED CHILI - THIN FOR COLORADO STYLE CHILI. IF YOU LIKE REALLY THICK CHILI, USE 4-5 TBSP. FLOUR RATHER THAN 3 AND/OR REDUCE THE WATER.



**B**EFORE ENTERING on the subject of this chapter, I must make a few preliminary remarks, to show how the struggle for existence bears on Natural Selection. It has been seen in the last chapter that amongst organic beings in a state of nature there is some individual variability; indeed I am not aware that this has ever been disputed. It is immaterial for us whether a multitude of doubtful forms be called species or sub-species or varieties; what rank, for instance, the two or three hundred doubtful forms of British plants are entitled to hold, if the existence of any well-marked varieties be admitted. But the mere existence of in-



## THE ORIGIN OF SPECIES



GIBBON  
ORANG-UTAN  
GIBBON

DRYOPITHECUS

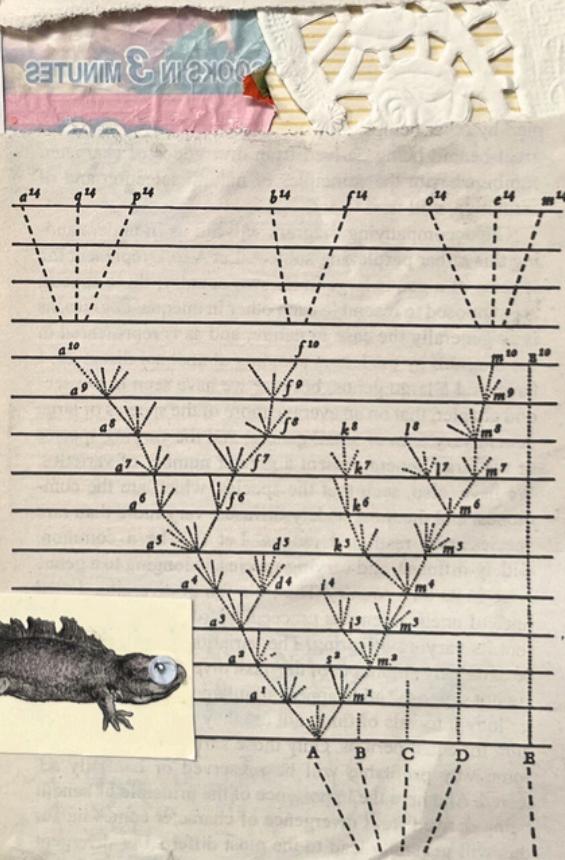
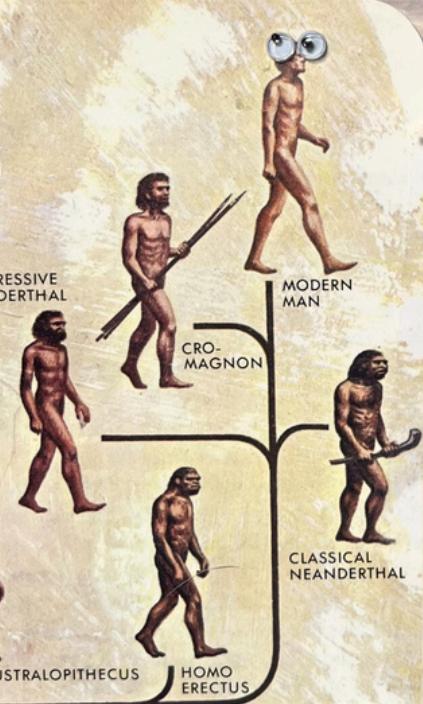
MARMOSET

SQUIRREL MONKEY

NEW WORLD MONKEY

## STRUGGLE FOR EXISTENCE

Bears on natural selection—The term used in a wide sense—Geometrical powers of increase—Rapid increase of naturalised animals and plants—Nature of the checks to increase—Competition universal—Effects of climate—Protection from the number of individuals—Complex relations of all animals and plants throughout nature—Struggle for life most severe between individuals and varieties of the same species; often severe between species of the same genus—The relation of organism to organism the most important of all relations

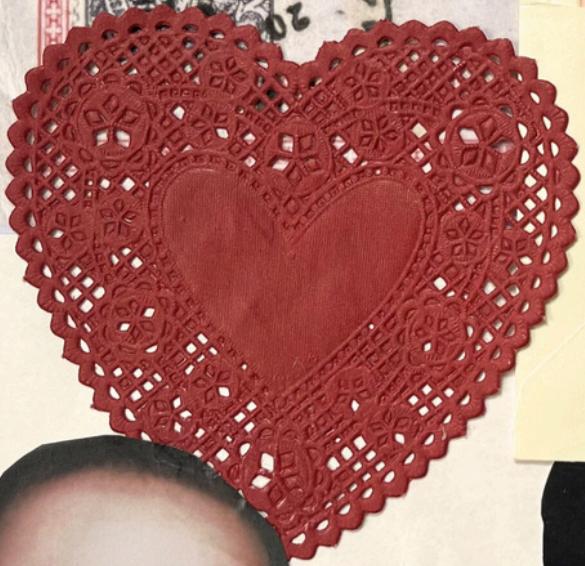


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# دو چڑال

بھری ین چائی تازہ  
مزارع سیلان



## Chai

1. Bring water to boil in kettle
2. Place 2tbsp of loose black tea pot & pour over hot water, let brew for 5-10 mins

3. Bring more water to boil
4. Fill glass  $\frac{1}{3}$ rd of the way with brewed tea & top with hot water

Pro Tip: Add cardamom pods, saffron, or rose water



TEA  
DO GHAZAL

FINEST CEYLON TEA  
GRADE A



This long-grain rice is aged for about a week to develop its aromatic flavor and fine texture. It requires little time and effort in cooking in just over 10 minutes, and it needs only a few lengthy rinsings—in a large amount of water. As it tends to elongate when

Whole-wheat flour  
Varieties  
only

by sight  
the use  
of



# Lubia Polo

SERVES: 4-6

COOK TIME: 45 Minutes

## INGREDIENTS:

2 Cups of basmati rice  
2 Cups of chopped green beans  
1 Pound of beef stew meat (or meatballs-I use turkey)  
2 Ounces of tomato paste  
1 Tsp of turmeric  
2 Tbsp of olive oil  
1 Pinch of Persian saffron  
1Pinch of Cinnamon  
Salt & pepper to taste



Lubia Polo is simple, budget-friendly, and delicious. This is my go-to of all go-tos, and it always hits the spot. In addition to being one of my favorite meals, it was also the first meal my Dad ever taught me to cook.

Lubia Polo originates from my Dad's hometown of Mashhad, Iran. Mashhad is Iran's second-largest city, situated near the border of Turkmenistan. Mashhad is known for its mountainous terrain, interesting local accents, and the Goharshad Mosque. This meal was common in my upbringing, especially when visiting the local mosque with my Grandparents.

## Instructions



1. Cut the ends off the green beans
2. In a large pan saute onions in olive oil and once translucent, add garlic. Saute for a few minutes then add turmeric powder and season with salt and pepper
3. Add stew meat and brown, or separately bake small turkey meatballs
4. Add the green beans and season with salt and pepper. Give it a stir
5. Add tomato paste and saute for a few minutes. Cook basmati and season with saffron infused water, salt and pepper then simmer with the lid on for 20 minutes on a low heat
6. Turn down heat, mix in cinnamon, and serve