



4-Course Iranian Dinner

Dinner in Iran

To understand the people and eating habits of Iran, you must first know taarof (Farsi: تعارف). Taarof is a Persian system of social interaction and politeness that involves, for example, refusing an offer for something you really want as not to burden the offerer.

So, although Persian etiquette asks that you try everything offered to you, a friend from Iran may at least once refuse a drink or food you offer them (and it is polite to do the same).

When you take this food, it is customary to comment on the food and show appreciation (with, for instance, a “daste shoma dard nakone,” or “may your hand not hurt”).

See our [Fact Sheet on Iran](#) for more information about Iran, its people, and its food!

Where can I learn more?

See our [Fact Sheets](#) and [Resources](#) to learn more about food and meals in Iran! And, if you make this meal, please share the story with us [here](#)!

First Course:

Cauliflower Kuku

This baked egg-and-cauliflower pat-ty is flavored with garlic, turmeric, and onion.

<https://ourrecipeforunity.org/recipes/cauliflower-kuku/>



Second Course:

Koofteh Tabrizi

These meatballs, made of ground beef and split yellow peas, feature flavors of tarragon, leek, mint, and walnuts.

<http://ourrecipeforunity.org/recipes/koofteh-tabrizi/>



Third Course:

Khoresht Fesenjan

In this recipe, chicken thighs are stewed in a mixture of pumpkin, walnuts, onion, and pomegranate molasses.

<https://ourrecipeforunity.org/recipes/khoresht-fesenjan/>



Dessert:

Nan-e Shirini

These simple-but-satisfying sugar cookies are flavored with almond, vanilla, and lemon.

<https://ourrecipeforunity.org/recipes/nan-e-shirini/>

