

## Preparing the Haft Sheen Sofreh and getting ready for NowRouz

### GROWING SABZEH, GREEN SHOOTS FOR NEW YEAR

Growing Sabzeh, green shoots (sprouts), is a major part of getting ready for No Ruz. It is a must to have it on the Haft sin spread and although growing it sounds easy it needs experience. The process normally starts 3 to 4 weeks before No Ruz, depending on how tall you want your Sabzeh. Special lentils (Adass) and or whole-wheat seeds are sold at the Iranian stores and you should use these special ones, otherwise they won't work. Soak the seeds in water for two days and then put them on a shallow plate and cover it with a paper towel and place in a sunny location. Squirt water over the shoots several times a day, and again cover with the paper towel. They should not be either dry or soaked, just enough water to allow them sprouting. Once the sprouts appear remove the paper towel and let it grow. Women in the family normally grow Sabzeh and several are made at the same time just in the case some rot and go moldy (which they often do).

### SAMANOO (WHEAT PASTE) FOR HAFT SIN

This item is made for No Ruz spread and is one of the seven items used in Haft Sin. Most people buy it from stores in very small quantities, like a small cup just to place it on the spread. It is recommended to keep them refrigerated at least during the evening to keep it longer. Most people do not eat it, occasionally some make their own and will serve it as well. It is very complicated to make and takes several days. The wheat (seeds) used is very special and should be bought from Iranian stores otherwise it will not work.

Ingredients, 4 servings

- wheat (germinating), 500 grams
- wheat flour, 2 kg

Wash the wheat with cold water and then rinse it. Add cold water until there is 2-3 cm of water over the wheat. Leave for about two days; change the water after the first day. The wheat should begin to germinate. Rinse thoroughly.

Hold a thin piece of cloth under cold water until it is completely wet. Pour the wheat inside and wrap the cloth around it. Place it in a bowl and leave the bowl in a warm place. Once or twice a day, sprinkle a bit of cold water over the cloth to make it wet but not soggy.

When roots appear, spread all the wheat on a large plate, then spread the cloth over it and sprinkle with water. Continue sprinkling with water once or twice a day until silvery sprouts appear. The wheat paste should be made before the sprouts turn green.

Grind the wheat, add two glasses of cold water, and mix well. Filter out the excess water. Press the wheat hard, to squeeze out the extract. Add wheat extract to flour while mixing. The mix should become thin.

Place the mix over medium heat, stirring frequently until the mix starts boiling and thickens. Continue heating until water evaporates. Fry the mix without any oil or sugar for about 10-15 minutes.

Gradually add 1-2 glasses of hot water and mix well. Allow it to boil slowly, stirring occasionally until the mix thickens slightly. Place in the oven for about 30 minutes at low temperature. Let it cool down and then serve.

Preparing special traditional dishes for NowRouz: **Mahi Safeed, Kooko Sabzi, Shirni, Naan Nokhodchi, Naan Berenji**

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Courtesy : Behram Pastakia