

RECIPE



Persian seasoning is a fragrant blend of warm spices and herbs that captures the rich, aromatic flavors of traditional Persian cuisine. It adds depth, color, and a touch of exotic flair to both savory and sweet dishes.

Persian Seasoning

Yield: 1 – small portion

Ingredients

- 2 Tbsp. ground cilantro
- 2 Tbsp. ground cumin
- ½ Tbsp. ground black pepper
- 1 tsp. dried fenugreek leaves
- ½ teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cinnamon
- 1 Tbsp. garlic powder
- ½ Tbsp. turmeric
- 2 Tbsp. dried rose

Instructions:

In a small bowl, combine all the ground spices and herbs.

Mix well with a spoon or whisk until evenly blended.

Store in an airtight glass jar away from direct sunlight.

Yours to Artful Eating,
Patricia Shani
C H E F



IG @chef4usofficial
Site www.chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880

RECIPE



Use 1–2 teaspoons to season meats, grains, vegetables, or legumes. It's especially good in stews, rice dishes, or as a rub for roasted vegetables or proteins.

Health Benefits of this Recipe:

- Cilantro (Coriander leaves): Supports detoxification, especially heavy metals; aids digestion; rich in antioxidants.
- Cumin: Promotes digestion, helps manage blood sugar levels, and has antimicrobial properties.
- Black Pepper: Boosts nutrient absorption (especially curcumin from turmeric); supports digestion; anti-inflammatory.
- Fenugreek Leaves: May help balance blood sugar, support digestion, and improve cholesterol levels.
- Cloves: Natural anti-inflammatory and antimicrobial; supports oral health and digestion.
- Nutmeg: Contains compounds that support mood and digestion in small amounts.
- Cinnamon: Balances blood sugar, reduces inflammation, and provides antioxidant protection.
- Garlic Powder: Supports the immune system, heart health, and has antibacterial effects.
- Turmeric: Potent anti-inflammatory and antioxidant; supports liver function and joint health.
- Rose Petals: Calming to the nervous system; supports skin health and adds a beautiful aroma.

Yours to Artful Eating,

Patricia Shani

C H E F



IG @chef4usofficial
Site www.chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880