

Yummy New Year

by Joan Issari

ON NOWRUZ, as you go from house to house visiting family and friends, you'll be welcomed everywhere with tea and sweets. The sweets seldom include chocolate, which is not native to Iran. Instead you'll find baklava (a pastry with honey and ground walnuts), assorted cookies, almond brittle, and many other scrumptious goodies. Here are two Nowruz cookie recipes you might like to try.



Sweets

Noon-e-Badam (ALMOND COOKIES)

What You'll Need:

- 2 sticks softened butter (1 cup)
- $\frac{3}{4}$ cup sugar
- 3 egg yolks
- $\frac{1}{4}$ teaspoon vanilla
- $\frac{1}{4}$ teaspoon almond flavoring
- 2 cups flour
- $\frac{1}{4}$ cup ground almonds

What to Do:

1. Preheat oven to 375°F.
2. Blend butter, sugar, egg yolks, vanilla, and almond flavoring. Beat well.
3. Mix in flour and ground almonds. Roll mixture into small balls.
4. Place balls on ungreased cookie sheet and flatten with a spoon. Space well—they can spread!
5. Bake for 8 to 10 minutes. Let cool.

Noon-e-Beringi (RICE COOKIES)

What You'll Need:

- 1 stick softened butter ($\frac{1}{2}$ cup)
- $\frac{1}{2}$ cup sugar
- 1 egg yolk
- 2 teaspoon rose water
- $\frac{1}{2}$ teaspoon almond flavoring
- $1 \frac{1}{8}$ cups rice flour
- poppy seeds

What to Do:

1. Preheat oven to 325°F.
2. Blend butter, sugar, egg yolk, rose water, and almond flavoring. Beat well.
3. Mix in rice flour. Roll mixture into balls slightly smaller than a walnut.
4. Place balls on lightly greased cookie sheet. Flatten slightly with a spoon. Use tip of spoon to mark a crescent moon on each cookie. Sprinkle with a little poppy seed.
5. Bake for 15 to 18 minutes, until bottom just begins to brown. Let cool.

Illustrated by Gwyneth Perrier

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