



Our Menu Today

All our meals from the kitchens of Persian Promise look and taste like they've been home-cooked with love and flair for the most sophisticated palettes in the world.

Our mission is to prepare food in the same way, with the same love and care, as mothers and cooks across all of Persia have done for their families for centuries.

We bring you Nadia's traditional recipes whether you are looking for a hot food take-away delivered to your own home, frozen meals delivered to your door, catering for your function, in your own kitchen or larger outdoor functions, or our favourite way to bring her food experience to you, pop-up kitchens where you least expect them.

Seafood dishes



Maygoo Pollow - £8.50 Prawns with rice and sultanas

Seafood is an integral part of the cuisine of the coastal states of Iran and this dish comes from the cities of Bushehr and Khuzestan, located in the southwestern region of Iran.

Although, Iranian cuisine in general is neither hot nor spicy, many Khuzestani meals are rather hot and heavily spiced. We prefer to serve this dish delicate and aromatic.



Lekh lakh - £8.50 White fish steaks cooked in herbs and served with pollow

Bushehr, on the edge of the Persian Gulf famed for its clear waters and the quality of its fish. This recipe, whilst a simple dish to create is one that is both flexible to create and delicious in all its various flavours. Outside of Bushere it is a little known dish but you will have missed perhaps the best of Bushehr to have ended your visit without sampling it. We bring it to you here and we hope you enjoy it.



Tuna Mahi - £8.50

Tuna with Raisins, Dill and Pollow

This is another easy fish dish to create but with huge taste and satisfaction with lots of dill and our own spices.



Lamb dishes



Adas Polow - £7.50

Persian Green Lentils, minced lamb, sultanas and onion with rice and saffron.

Adas polow is a traditional Iranian dish. It's a great rice dish to prepare when you don't have a lot of time on your hands yet you want something special. Rice with lentils is not usually served in formal gatherings. However, you can make it for your family, close relatives and friends. We serve Adas polow with cooked ground lamb over the rice, or on the side.



Lubia Polow - £8.50

Persian Green Bean Rice with lamb

Lubia Polo (Persian green bean rice) served with lamb meat, is a quick and easy comfort dish that is simple but tastes magical! A healthy and complete one pot meal, your next go-to recipe for a weeknight dinner or a quick fix for a party. Guaranteed you will love this nourishing meal that is packed with protein, fibre and complex carbohydrates.



Ghorme Sabzi with Chellow (white Persian Rice) - £10.50

Lamb, cooked with aromatic herbs bursting with Persian flavour and served with white rice

Ghormeh Sabzi is an essential Persian recipes. Its rich, aromatic flavor is celebrated in Persian communities around the world. Consisting of flavorful herbs and lamb, ghormeh sabzi is a cornerstone of Persian cuisine.



Dolmeh (Lamb) - £7.50

Most countries around the Eastern Med seem to have some version or another of stuffed grape leaves/stuffed vine leaves. The names vary from dolmeh, dolma and dolmades depending on the language and the fillings vary as well, although the majority contain rice and ground meat along with various herbs.

These dolmeh are based on the Persian version in honor of the fact that our heritage is Persian and my place of birth is Iran, plus the fact they are really delicious, full of lots of great herbs and with the addition of creamy yellow split peas.



Kotlets(5) - £7.00

Persian meat patties cooked on a skillet

This delicious food, made with minced lamb or turkey, spices and held together with an egg, a favourite in every kitchen in Iran. It is a very simple food that can be eaten in a sandwich or eaten with chips and salad.



Aash e Mast - £7.00

To say that Aash e Mast is merely a soup would be underselling it. This hearty staple of Persian food is always herb-based but there are many varieties: some with meat, some with barley, rice, tomato or pomegranate molasses. This is my own version with lamb mince meat balls. It's the best comfort food on a cold day.



Chicken dishes



Olivere Salad - £7.00

Olivere Salad is a traditional main dish from Russian cuisine but is referred to as a salad, popular in many other countries as well as Iran. This delicious dish is perfect for the summer season when you like to have simple but delicious foods in sandwiches or rolls or just by itself.

Made from a combination of cooked chicken, potatoes, green peas, gherkins, mixed with mayonnaise to make this perfect summer salad food.



Zereshk Pollow - £8.50

Chicken, with subtle and aromatic spices. Stewed in a tomato sauce and served with saffron rice with zereshk

Often known as “celebration rice” or “jewelled rice”, this is often cooked for weddings. It is made with wild, red barberries (zereshk), which give the dish its jewel-like appearance and an exotic, slightly tart taste. It is usually served with chicken, as we do in this our most favourite recipe, the chicken, while delicious, is considered the accompaniment and the rice is the



Chicken dishes

Tah-Chin - £8.50

Persian Upside Down Layered Saffron Rice & Chicken

This is a divine dish of layered saffron rice and cooked chicken breast bound together by seasoned yogurt and egg yolk mixture. In Iran, we love our rice and love to layer it with different types of vegetables and meat. Since the rice is served upside down and cuts like a cake, you can have your rice cake with a thick tah-dig and eat it too! "Tah" is a Persian/Farsi word for bottom and "chin" is the root word for "chidan" which means putting things in order, arranging and in this case, layering.



Fesenjan - £10.50

Persian Pomegranate Chicken

Fessenjan is a famous Iranian stew from Gilan province in the north of Iran. It is a sumptuous stew used for special occasions or celebrations, like weddings. This Chicken Stew with Walnut and Pomegranate Sauce is a classic preparation in Persian cooking.

Chicken pieces are first browned and then slowly cooked in a sauce with ground toasted walnuts and pomegranate molasses. You might not normally think to make a sauce with walnuts and pomegranates, but it's a perfect combination!



khores e Bademjan - £8.50

Persian Aubergine Stew with Chicken

Khores e Bademjan is a classic Persian recipe loved by all the aubergine fans who would gladly have it for dinner once a week without complaining about the repetition! requests and would do my best to fulfill them if at all possible.

A stew made with Chicken pieces and large cubes of aubergine cooked in a tomatoe sauce and served with pollow.



Vegetarian dishes



Lubia Pollow - £7.00

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Baghali Pollow - £7.50

Persian Dill Rice

Baghali polo is the famous Persian dill rice with broad beans. It is a traditional favorite and a definite item on Persian restaurant menus.

Baghali means broad beans in Persian (Farsi).



Vegetarian dishes

Kookoo Sabzi - £7.00

A great one-pan vegetarian meal made of several fresh herbs and just enough eggs to hold it all together

Kookoo sabzi is a fresh herb dish served for lunch/dinner during Nowruz (Persian New Year). This dish is a great one-pan vegetarian meal made of several fresh herbs and just enough eggs to hold it all together. We bake this in the oven rather than frying it on the stove as it absorbs less oil, (which is always a good thing for the health conscious!).



Dolmeh (Vegetarian) - £7.00

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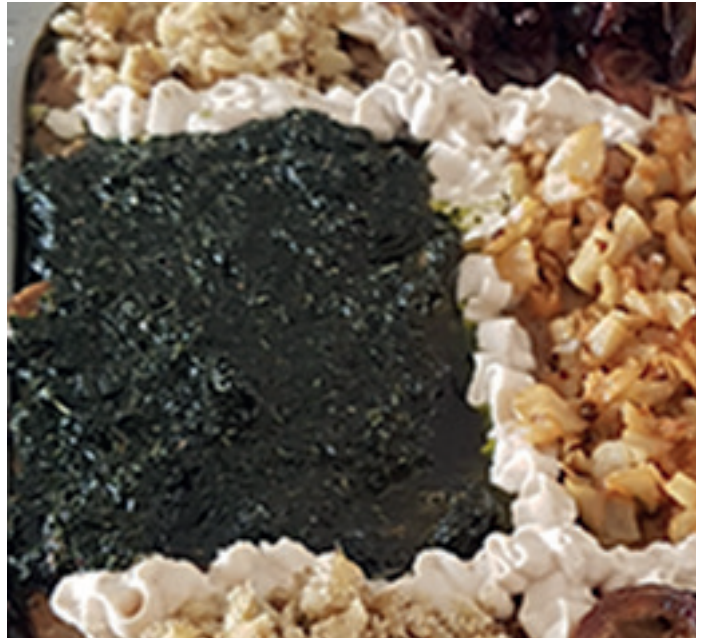
Falafel - £6.50

Falafel is a deep-fried ball, or a flat or doughnut-shaped patty, made from ground chickpeas. Herbs, spices, and onion relatives are commonly added to the dough. It is a well-known Middle Eastern dish that most likely originated in Egypt.



Kashk e Badajan - £0.00

Kashke-e Bademjan is the quintessential Persian appetizer. It may be not be considered a main dish, however I feel once you serve kashk-e bademjan you don't need much of any thing else on the table. Except, some warm lavash (flat bread). If you haven't tasted it yet, try it. You'll be surprised how tasty this combination of eggplants, kashk, caramelized onion and garlic can be. So simple and yet so tasty. This is also a perfect dish for those that say Persian cooking is too time consuming. This dish is the perfect vegetarian starter.



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Extras dishes



Portion of Fries - £1.50

A generous portion of chips as a side dish for those with a larger appetite



Shirazi Salad - £2.50

Salad e Shirazi is different from your ordinary salads. It is almost always served as a side salad. It has a citrusy mild flavored dressing that complements the main course without being too filling. We usually use Persian cucumbers when available or English cucumbers for this salad. Both of these varieties have very little seeds and skin so delicate that no peeling is needed.



Borani Esfenage - £4.00

This delicious and healthy side dish is very easy to make. Borani Esfenaj goes great with bread, most rice and stew dishes, grilled meat, fish and bread.



Portion of Chellow - £2.00

Persian Rice (chellow) is the key element of Persian cuisine, the way of cooking rice in Persian cuisine is different than most other cuisines and that's what makes it so special. To cook a good rice may seem simple but this rice has a special way to get the texture and flavour just right and a good cook has to learn this to make the perfect Persian rice recipe with a crispy golden crust called Tahdig every time.

Rice is one of the staples in our kitchen and we have so many recipes revolving around rice such as Persian tomato rice, dill rice with peas and tahchin. Plain white rice (chellow) with tahdig is one of the most important Persian recipes you ever need to know about.





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