

COOK WITH THE COOP!

March 11, 2025

the park slope food coop cooking class squad presents

NOWRUZ

Cooking for the Persian new year

Tuesday, March 18th

7:30 - 8:30 pm EST



In this virtual class, you'll learn how to make

- Kookoo Sabzi - a Persian-style frittata.
- Ashe Reshteh - a filling bean and noodle stew.
- Baghali Polo- fava bean rice.

RSVP



www.foodcoopcooks.org



Siavash Haghtalab was born and raised in Iran in a family of musicians. He has a passion for cooking Persian cuisine with its complex flavors and spices.

March 11, 2025

By William Doran for the Cooking Committee

Black and tan sesame seeds popped and danced under a delicate stream of screaming hot oil as the camera eased in to capture the sound. Chef and Coop Member Wen Xie dazzled onlookers with her beloved family recipe for traditional Sichuan noodles (and fed the few of us in the room filming the class).

Xie joined a long history of Coop members sharing and teaching in the Coop's monthly cooking series, which typically takes place the last Wednesday of each month. Classes have been hosted on Zoom since 2020, but the team is hoping to return to in-person classes sometime later this year.

The next class is **Tuesday, Mar. 18, at 7:30 pm EST** on Zoom. Coop member **Sia-vash Haghtalab** will demonstrate three Nowruz dishes to ring in the Persian New Year: kookoo sabzi (a Persian-style frittata), ashe reshteh (a filling bean and noodle stew) and baghali polo (fava bean rice).

RSVP, PARTICIPATE AND FOLLOW

Sign up for classes, download recipes and find shopping lists to cook along from home at foodcoopcooks.org. Members Rachel Luo and Srishti Jain will lead classes in April and May. As classes are added they will show up on the foodcoopcooks.org home page. Check back regularly for updates! Follow the Cooking Committee on Instagram for more content, including shopping sessions with guest chefs!

TEACH A CLASS

Just like cooperation is at the heart of the Coop's mission, so is food! The Cooking Committee is looking for guest chefs to share their food expertise, traditions and special treats. Members receive FTOP credit for preparing and delivering classes. Contact

us on our web page and tell us what you want to teach.