

# Persian Cucumber Tomato Salad Recipe: A Refreshing and Flavorful Shirazi Salad

Immerse yourself in the vibrant tapestry of Persian cuisine with our mouthwatering recipe for Shirazi Salad, the quintessential cucumber and tomato salad that tantalizes taste buds and refreshes the soul. This culinary masterpiece, also known as Salad-e Shirazi, is a symphony of fresh, crisp flavors and textures that will transport you to the bustling streets of Iran.



## PERSIAN CUCUMBER & TOMATO SALAD RECIPE: SHIRAZI SALAD

★★★★★ 5 out of 5

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## A Culinary Journey to the Heart of Persia

Shirazi Salad, a staple in Persian households, is a testament to the country's rich culinary heritage. Its origins trace back to the vibrant city of Shiraz, renowned for its fragrant gardens and aromatic spices. The salad's simplicity belies its complex flavors, a harmonious blend of sweet, sour, and herbaceous notes that awakens the palate.

## Ingredients for a Refreshing Delight

- 2 English cucumbers, thinly sliced
- 5-6 ripe tomatoes, thinly sliced
- 1 small red onion, thinly sliced
- 1/2 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 1 teaspoon ground sumac
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

## Step-by-Step Guide to Shirazi Salad Perfection

1. **Prepare the vegetables:** Thinly slice the cucumbers, tomatoes, and red onion. Ensure the slices are uniform in size for an even distribution of flavors.
2. **Combine the ingredients:** In a large bowl, combine the sliced cucumbers, tomatoes, red onion, parsley, and mint. Gently toss to mix.
3. **Prepare the dressing:** In a small bowl, whisk together the olive oil, lemon juice, sumac, salt, and black pepper. Pour the dressing over the

salad and toss thoroughly.

4. **Chill and serve:** Refrigerate the salad for at least 20 minutes to allow the flavors to meld. Serve chilled, garnished with additional fresh herbs, if desired.

## Variations to Spice Up Your Shirazi Salad

The beauty of Shirazi Salad lies in its versatility. Feel free to experiment with different ingredients and flavors to create a salad that caters to your palate:

- **Add some crunch:** Include diced celery or bell peppers for a satisfying crunch that complements the soft textures.
- **Incorporate herbs:** Enhance the herbaceous notes by adding chopped cilantro, dill, or basil to the mix.
- **Play with spices:** Experiment with different spices, such as a pinch of cumin or coriander, to add depth and warmth.
- **Add a touch of sweetness:** Balance the tangy flavors with a drizzle of honey or pomegranate molasses.
- **Use different vinegar:** Substitute the lemon juice with white wine vinegar or balsamic vinegar for a slightly different flavor profile.

## The Perfect Accompaniment for Every Occasion

Shirazi Salad's versatility extends beyond its ingredients. It serves as an ideal accompaniment to various dishes and occasions:

- **As a refreshing appetizer:** Serve Shirazi Salad as a light and flavorful starter to whet your appetite.
- **Alongside grilled meats:** Pair the salad with grilled kebabs, chicken, or fish to complement the savory flavors.
- **In pita sandwiches:** Fill pita bread with Shirazi Salad, along with hummus or grilled vegetables, for a satisfying and portable lunch.
- **As a picnic side:** Pack Shirazi Salad for picnics or outdoor gatherings; it will remain fresh and delicious.
- **For a healthy snack:** Enjoy Shirazi Salad as a nutritious and refreshing snack between meals.

## Health Benefits of Shirazi Salad

Beyond its tantalizing flavors, Shirazi Salad is a nutritional powerhouse, offering numerous health benefits:

- **Rich in vitamins and minerals:** Cucumbers and tomatoes are excellent sources of vitamins A, C, and potassium, vital for overall well-being.
- **High in antioxidants:** The salad contains antioxidants that protect against cellular damage and reduce the risk of chronic diseases.
- **Low in calories:** Shirazi Salad is a low-calorie dish, making it a guilt-free addition to any diet.

- **Promotes hydration:** Cucumbers have a high water content, which helps keep you hydrated and refreshed.
- **Aids in digestion:** The fiber in Shirazi Salad supports digestive health and promotes regularity.

Persian Cucumber Tomato Salad, or Shirazi Salad, is a culinary delight that embodies the vibrant spirit of Persian cuisine. Its simple yet flavorful ingredients create a refreshing and aromatic salad that complements any occasion. With its versatility and health benefits, Shirazi Salad is a must-try dish for anyone seeking a taste of authentic Persian flavors.

So gather your ingredients, follow our step-by-step guide, and prepare to embark on a culinary journey that will awaken your taste buds and leave you yearning for more. Bon appétit!



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