Yogurt and Spinach Salad (Borani Esfenaj)

Description

Borani is an appetizer dip made with yogurt and spinach, named after the fourth century Persian queen, Pourandokht. Yogurt dishes named after her were called Pourani and over time Pourani became Borani. This delicious yogurt and spinach dip is simple and easy to make.

Summary

Yield: 4
Source: A Taste of Persia - Najmieh Batmangli
Prep Time: 15 minutes
Category: Appetizers
Cuisine: Persian

Ingredients

- 5 cups fresh spinach, washed and chopped
- 2 brown onions, thinly sliced
- 2 cloves garlic, crushed
- 1 1/2 cups plain yogurt
- 2 tbsps olive oil
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper

Instructions

Heat olive oil in a large skillet over medium heat. Add the onions and garlic, sauté until onions are soft and brown, about 10 to 15 minutes. Be careful not burn onions, should be slightly carmelized.

Add the spinach. Cover and allow to steam for 5 to 10 minutes until the spinach is wilted.

Remove from the heat and let stand for 10 to 15 minutes to cool. Transfer to a serving bowl.

Add the yogurt, kosher salt and ground pepper. Stir to mix thoroughly. Refrigerate for at least 30 minutes, up to 8 hours, before serving.

Garnish with a few leaves of spinach over the top.

Notes

A saffron garnish is optional. Disolve 1/2 tsp of ground saffron threads in 1 tblsp of hot water. Pour saffron water over the top.