



The Sofreh Aghd

Tonight's dessert table is set in the style of a traditional Persian **Sofreh Aghd**; a spread of rich sweets, fruits and decorations upon a ornate **Sofreh** (cloth) as part of an Iranian Wedding ceremony. The items on the **Sofreh Aghd** are traditional cultural items meant to symbolize and bring about healthy and happy marriage. The items include:

- A **mirror** to bring light and brightness into the future.
- Two **candelabras** to represent fire and energy
- A trays of **herbs** and **spices** to guard against the "evil eye"
 - Poppy Seeds, Rice, Cardamom, Salt, Nigella Seeds, Black Tea & Frankincense
- **Eggs** and **Nuts** to represent fertility
 - Pistachios, Almonds, Sunflower Seeds, Pumpkin Seeds & Hazelnuts
- **Pomegranates** for a joyous future
- **Sugar** cone, crystallized sugar, **honey**, and **rosewater** to sweeten the newlyweds' lives
- **Bread** and **cheese** as historical symbols of wealth
- **Coins** to bring the couple prosperity
- **Sacred Text Qur'an** to bring the couple wisdom
- A **sewing needle** and seven colored **threads** to seal the lips of "nay-sayers"
- **Embroidered Cloth** to symbolize family and tradition
- **Sweets, Pastries** and dried **Fruits**, including
 - Baklava, Rice, Almond, Chickpea [V] & Raisin Cookies
 - Saffron Almond Brittle [V], Date Bars [V], Persian Dainties [V], & Turkish Delight
 - Dried Figs, Dried Dates, Dried Cherries, Dried Oranges, Candied Ginger, Dried Apricots, Dried Cranberries, & Pomegranate Seeds



Persian Dinner

at First Unitarian Church of Omaha
Saturday, February 7, 2015

Church Common Room

6:00 p.m.— Social Time

Persian Monkey | Persian Ruby | Persian King
Sparkling Pomegranate Juice

6:30 p.m.— Dinner

Welcome — Barb Herring
Chalice Lighting

The Menu [V] Vegan

Chelo

Persian Rice with Golden Crust

Salad-e Shirazi

Cucumber, Tomato & Onion Salad [V]

Jujeh Kabab

Spiced Chicken & Tomato Kababs

Salad-e Felfel Tanoori

Roast Pepper Salad [V]

Khoresht-e Badenjan

Eggplant and Lamb Stew

Maast-o Khair

Yogurt, Cucumbers with Mint

Khoresht-e Loobia

Persian Green Bean Stew [V]

Torshi-e Maman

Vegetable Chutney [V]

Naan

Oven Baked Flatbread [V]

Torshi-e Piaz

Pickled Red Onion [V]

Sofreh Aghd - Desserts spread upon a *Sofreh*

Varieties of sweets, nuts and dried fruits

Tea Table - Loose Ceylon tea, brewed strong and diluted with hot water; taken with sugar cubes.

Special notes about the dinner

An Iranian hostess' *Sofreh* is beautifully dressed both in decor and a great abundance of different dishes of food. Quite intimidating to the uninitiated. Guests are expected to fill their plates multiple times. A traditional Iranian hostess would truly be disappointed (if not insulted,) if her guests didn't go back for thirds. To survive without either making your stomach hurt or offending your hostess - guests take small amounts of everything. After sampling a bit of a *Khoresht* or *Kabab*, a small taste of *Torshi* is used to cleanse the palate between different dishes. Eating this way allows you to go back and get a little more of your favorite foods saving you from being stuffed while making your hostess smile.

Event Sponsors

The contributions from the following sponsors helped make this event possible.

Anonymous I Anonymous II
Amy Barlow & Nathan Krämer
Barb & Jim Herring Maria & Ben Wallace
First Unitarian Church Women's Alliance

Thank you!