

Persian Sumac Marinade

INGREDIENTS:

- ½ cup plain whole milk yogurt
- 2 tbsp olive oil
- 1 tbsp sumac spice
- 2 tsp garlic, finely minced or grated
- 1 tsp kosher salt
- ½ tsp black pepper
- 1½ to 2 lbs boneless, skinless chicken thighs, lamb, or veggies

STEPS:

1. In a bowl, mix ½ cup plain yogurt, 2 tbsp olive oil, and 1 tbsp sumac spice. Stir until smooth and slightly pinkish-purple.
2. Stir in 2 tsp finely minced garlic, 1 tsp kosher salt, and ½ tsp black pepper. Mix well until evenly combined.
3. Add 1½ to 2 lbs boneless, skinless chicken thighs to the bowl. Toss to fully coat each piece in the thick, tangy marinade.
4. Cover the bowl tightly with plastic wrap or place everything in a zip-top bag. Refrigerate for at least 30 minutes, or overnight for deeper flavor.
5. Remove the chicken from the marinade, letting the extra drip off. Grill or pan-fry over medium heat for 6–7 minutes per side, until golden brown with slightly charred edges.
6. Transfer the cooked chicken to a plate and let rest for 5 minutes. Sprinkle with extra sumac and fresh parsley before serving.

Simple Sumac Onions Recipe

Ingredients:

- 1 large red onion (thinly sliced)
- 1 tablespoon ground sumac
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- ½ teaspoon salt
- 2 tablespoons chopped fresh parsley (optional)

Instructions:

1. Place the thinly sliced red onion in a bowl. Sprinkle with salt and gently massage the slices to soften them slightly.
2. Add the ground sumac, lemon juice, and olive oil. Toss well to coat all the onions evenly.
3. Let the mixture sit for at least 10 minutes to allow the flavors to meld.
4. Stir in chopped parsley just before serving, if using.
5. Serve as a topping for grilled meats, salads, wraps, or rice dishes.

Source: <https://therecipeshome.com/simple-sumac-onions-recipe/#tasty-recipes-128152-jump-target>

Sumac Lemonade

Ingredients:

- 12 bunches of sumac berries
- 1 gallon cold water
- honey or maple syrup to taste

Instructions:

1. Rub and crush the berries
2. Add crushed berries to 1 gallon of cold water
3. Steep for 10-20 minutes
4. Strain the liquid through a fine mesh strainer
5. Sweeten to taste with honey or maple syrup.

Source: Sherman, Sean, *The Sioux Chef's Indigenous Kitchen* (University of Minnesota Press, 2017). 163.