

MAHSA DARABI | 2022 | EXPERIENCE

THE MOODY PERSIAN

Food & Culture Experience Guide | Fearless Persian Mama
moodypersian.com



Mahsa's culture-forward experiences are perfect for team building, fundraisers, celebrations, and more!

Mahsa accommodates groups of all sizes,
LIVE or **VIRTUAL** for events of 60-180 minutes in length.

Why give your people The Moody Persian experience?

- + Boost energy and play
- + Enhance connection and community
- + Infuse spark, freshness, and inspiration
- + Show appreciation

The Moody Persian | 2021

The Persian Immersion

Mahsa takes guests on an intimate journey of Persian hospitality culture, demonstrates how to curate and create an appetizing Sabzi Khordan platter, and shares an array of ideas and inspiration to invite more welcome, warmth, and food love into life. Participants can follow along or sit back and enjoy.

Participants receive a welcome kit in advance of their experience.

120 minutes



The Moody Persian | 2021

Flavor Elevators

In this workshop, Mahsa leads participants in creating their own unique spice blends and how-to sauces that add depth and flavor to everyday dishes. Mahsa also shares her favorite ingredients and techniques for adding taste and dimension to what you cook in (and beyond) the kitchen.

Participants receive a welcome kit in advance of their experience.

60 minutes



Remedies & Rituals

In this workshop perfect for a middle-of-the-day "coffee" break, Mahsa shares personal remedies derived from her Persian roots, teaching participants how to make cardamom chai and other Iranian-inspired teas & chai blends to soothe the nervous system and enhance sensual energy, vitality, and life spark. Mahsa also shares her favorite go-to rituals that use our five senses to transform the kitchen into a sanctuary for renewal, joy, and pleasure.

Participants receive a welcome kit in advance of their experience.

60 minutes



-The Persian Immersion

An intimate journey of Persian hospitality culture, demonstrates how to curate and create an appetizing Sabzi Khordan platter,

120 minutes + Q & A.

-Flavor Elevators

Mahsa also shares her favorite ingredients and techniques for adding taste and dimension.

60 minutes + Q & A

-Remedies & Rituals

A how-to workshop, making cardamom chai, and other Iranian-inspired teas & chai blends to soothe the nervous system and enhance sensual energy, vitality, and life spark.

45 minutes + Q & A

About Mahsa

Mahsa Darabi is delighted to share her passion for making and sharing delicious food around the world. Growing up in Lake Oswego, Oregon as a gangly immigrant girl from Iran, Mahsa's journey to self-acceptance is a hard-earned gift she believes is paying forward.

"When my family and I migrated to a new country, I felt uprooted from everything I knew. The only thing that takes me back home over and over again when I need it most is food. Home isn't always defined by a geographical location. Home is a grounded state of mind, a centering sparked by a recipe that is related to someone or somewhere that makes me feel whole and comfortable."

Mahsa has been a finalist on Food Network's Cutthroat Kitchen because her daughters dared her to—and won a trip to New York City to make succulent lamb for Iron Chef Bobby Flay. She's also been a real estate agent, private chef, accidental influencer, and has enjoyed an enduring career as a model and actor in the Portland area for over 20 years. Mother to three spirited, curious daughters, Mahsa loves nothing more than cooking and dancing with family and friends, sometimes at the same time! Currently, she's at work on her first cookbook.



Testimonials

"Mahsa is a gem. With equal parts expertise, elegance and charm, she puts together an amazing virtual presentation for a group of thirty-five people that left everyone thrilled about the richness of Persian cuisine."

-Adam Lerner, CEO of Explorer Program

"We LOVED hearing about your upbringing and your culture... It was such a magnificent presentation all around. You inspired us to create our own dinner platter last night, which we enjoyed thoroughly! Thank you again for such a truly sublime experience."

-Rachel & Jason, VP of Daydream Experiences





"I am not wonderful in the kitchen. I can cook but very basic things. I was nervous to try a cooking class because it's out of my element! Taking Mahsa's class gave me kitchen confidence! It was super easy to follow because she guides you step by step. Mahsa made me find a joy in cooking. The food I made came out amazing and my family ate every last bite! Thank you Mahsa for following your dream! My whole family was blessed because of it! I highly recommend this class!"

-Christine

"The Moody Persian's "A Recipe, Ritual and Remedy workshop" was such an enjoyable class! Mahsa has a welcoming and fun approach to teaching. Not only did we cook an amazing recipe together, learning Mahsa's super helpful tips and techniques along the way; but Mahsa also shared ways to make time in the kitchen something that is peaceful and meaningful. Loved it and would definitely take one of her classes again."

-Mila

" I really enjoyed this immersive, fun class! Mahsa's depth of culture and cooking smarts along with her humble and warm teaching style was spot-on. I would recommend her class to people at all levels in the kitchen. She has such a great way of inviting her students into the process, bringing out their knowledge while passing along hers."

-Lauran S



Thank You!

Mahsa Darabi | 2022

Private Chef | Model | Recipe Developer | Fearless Persian Mama

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