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In Persian cuisine, plain basmati rice is made in 2 different ways: polow (regular rice) and kateh (simple rice). Polow basically means cooked rice, it is soaked and pre-boiled. It creates rice that is longer and leaner in shape. This is also the method that enables you to create delicious crispiness at the bottom of the pot called tahdig. Kateh is the easier and simpler method of cooking rice and it is the type explained below.

3 cups (600g) white basmati rice, 5 ½ cups (1.3l) water, 1 tablespoon fine sea salt, ¼ cup (60ml) olive oil  
Wash the rice by placing it in a large container and covering it with water. Agitate gently with your hand, then pour off the water. Drain, using a fine-mesh colander. If using American long-grain rice, do not wash, and reduce the water to 4½ cups instead of 5 ½ cups. In a medium-sized non-stick pot, combine the rice, water, and salt. Gently stir with a wooden spoon to dissolve the salt. Bring to a boil over high heat around 5 minutes, reduce heat to medium and simmer, uncovered, for 15 to 20 minutes, or until all the water has been absorbed and the surface of the rice is covered with steam holes. Drizzle the oil over the rice. Cover the pot tightly and steam for 15 minutes over low heat. Keep warm until ready to serve.





# GHORMEH SABZI



Prep Time 30 mins  
Cook Time 1 hr 50 mins

| #  | INGREDIENT         | AMOUNT<br>+ PERSONS | NOTE                                    |
|----|--------------------|---------------------|---|
| 1  | onion              | 1                   | diced                                   |
| 2  | turmeric           | 1 teaspoon          | ground                                  |
| 3  | stew beef          | 1 1/2 pounds        | copped into 1 inch cube                 |
| 4  | water              | 3 cups              | divided                                 |
| 5  | salt               | 1 teaspoon          | adjust as needed                        |
| 6  | Limu Omani         | 4                   | dried and poked with knife              |
| 7  | olive oil          | 6 and 2 tablespoons | for veggie fry and stew cook            |
| 8  | fresh spinach      | 1/4 cup             | finely chopped                          |
| 9  | fresh parsley      | 2 cups              | finely chopped                          |
| 10 | fresh cilantro     | 1 cup               | finely chopped                          |
| 11 | scallions or leeks | 1 cup               | about 14 scallion stems or 1 small leek |
| 12 | fenureek leaves    | 2 tablespoons       | dried                                   |
| 13 | red kidney beans   | 2/3 cup             | soaked for few hours to overnight       |

## GHORMEH SABZI



### Instructions

1. In a large pot, saute the onions with 2 tablespoons of olive oil over medium heat for 15 minutes, or until lightly golden brown.
2. Add garlic, turmeric and ground pepper, and saute for an additional 2 minutes.
3. Add the beef to the pan and toss to coat the beef with the spices and onion. Saute over medium heat for 2 minutes.
4. Add 2 cups of water and bring to a boil. Once boiling, reduce heat to low and simmer for 45 minutes.
5. While the beef and beans are cooking, prepare the herbs by first washing and then lightly drying them between two layers of clean towels. Remove the tougher ends of the stems, about 2 inches from the bottom, and discard.
6. Place the herbs one at a time in a food processor and pulse until a fine chop has been achieved. Collect, measure and place in a separate bowl.
7. In a large frying pan saute the chopped herbs for 5 minutes in 6 tablespoons of oil over medium-high heat, stirring frequently.
8. Reduce the heat to medium-low as you continue to stir the herbs for another 15 minutes. This is the most intricate part of this dish. The herbs need to begin to dry out while slowly getting cooked and developing a darker color and aroma. Take care not to burn the herbs.
9. Remove from the heat and set aside.
10. Once the beef has been cooking for 45 minutes, add 1 additional cup of water, the cooked and rinsed beans, the herbs, salt, Limu Omani and lemon juice. Stir.
11. Bring the stew back to a simmer before lowering the flame and continuing to cook over low heat, covered, for 45 additional minutes.
12. Adjust the stew by adding a small amount of water moist but not watery.
13. Taste and adjust the stew for seasoning. Add more salt or lemon juice as needed.
14. Turn the heat off and allow the stew to sit for 10 minutes before serving.
15. Serve the stew with Persian saffron steamed basmati rice, a side of yogurt, or pickled eggplants.



# GHEYMEH



Prep Time 15 mins  
Cook Time 1 hr 45 mins

| #  | INGREDIENT           | AMOUNT<br>+ PERSONS | NOTE                                 |
|----|----------------------|---------------------|--------------------------------------|
| 1  | onion                | 1 large             | diced                                |
| 2  | oil                  | 6 tablespoons       | with pleasant smell                  |
| 3  | turmeric             | 1 teaspoon          | ground                               |
| 4  | stew beef            | 1 pound             | 1/2 inch cut through the grain       |
| 5  | tomato paste         | 4 tablespoons       |                                      |
| 6  | water                | 1 1/2 cup           | adjust as needed                     |
| 7  | Limu Omani           | 3                   | Persian dried limes poked with knife |
| 8  | salt                 | 1 1/2 teaspoons     | adjust as needed                     |
| 9  | black pepper, spices | 1/2 teaspoon        | adjust as needed                     |
| 10 | sugar                | 1/2 teaspoon        |                                      |
| 11 | saffron              | 1/8 teaspoon        | ground                               |
| 12 | potato               | 3 big               | sliced for fries                     |
| 13 | yellow split peas    | 1/2 cup             | rinsed and left to softened          |

# GHEYMEH



## Instructions

1. In a small pot bring the yellow split peas and water to a gentle boil. Keep an eye on the pot as yellow split peas produce lots of foam and can spill over.
2. Once boiling, partially cover and simmer on low heat for about 15 minutes. The yellow split peas are partially cooked at this stage and will continue to cook further once integrated into the stew. Remove from the heat, strain and set aside.
3. Saute the onions with oil in a large pot over medium heat for 15 minutes.
4. Add turmeric and saute for an additional 2 minutes. The onions should be golden in color and aromatic at this stage.
5. Add the beef pieces to the onions and increase the flame to medium-high and saute for about 5 minutes.
6. Continue by adding the tomato paste and saute for a couple of minutes on medium heat to bring out the flavor of the tomato paste.
7. Add 1 1/2 cups of hot water, cover and cook for 45 minutes over low heat.
8. Continue by adding the Limu Omani, salt, pepper, Advieh, sugar to the stew. Stir and simmer for 20 minutes.
9. Gently stir in the partially cooked yellow split peas, and continue to simmer on low heat for 15 minutes.
10. While the meat is cooking, toss the potatoes with oil, salt, and turmeric and place single-layered on a baking sheet.
11. Place the potatoes in a 375°F oven and roast for about 30 minutes, or until golden and crispy. If not using convection, be sure to flip the potatoes once.
12. Check the stew to ensure the meat is fully cooked and tender while the majority of the yellow split peas are still holding their shape.
13. Add the saffron-rosewater and gently mix.
14. The stew should be slightly tart and dense with ingredients, but not too dry or runny with liquid. Adjust as needed.
15. Take the stew off the heat, and allow to set for 10 minutes.



# KARAFS



Prep Time 20 mins  
Cook Time 2 hrs 15 mins

| #  | INGREDIENT    | AMOUNT<br>4 PERSONS  | NOTE                                    |
|----|---------------|----------------------|---|
| 1  | olive oil     | 8 tablespoons        | divided                                 |
| 2  | onion         | 1                    | diced                                   |
| 3  | garlic        | 4 cloves             | minced                                  |
| 4  | stew beef     | 1 pound              | copped into 1.5 inch cube               |
| 5  | salt          | 1 1.2 teaspoons      | adjust as needed                        |
| 6  | turmeric      | 1 teaspoons          | ground                                  |
| 7  | water         | 2 1/2 cups           |   |
| 8  | celery        | 1 bunch or 10 stocks |   |
| 9  | fresh parsley | 3 cups               | finely chopped                          |
| 10 | fresh mint    | 1/2 cup              |   |
| 11 | Limu Omani    | 3                    | Persian dried limes pocked with a knife |
| 12 | pepper        | 1/2 teaspoon         | ground                                  |

# KARAFS



## Instructions

1. In a large pot, heat half of the olive oil and saute the onions for about 10 minutes.
2. Add, garlic, stewed meat, salt, pepper and turmeric and saute for an additional 5 minutes.
3. Add water, bring to a gentle simmer, cover and simmer over low heat for 30 minutes.
4. While the beef is simmering, in a large frying pan add the remainder of the olive oil and saute the celery pieces over medium heat for 15 minutes.
5. Once celery has slightly softened and picked up some color, add the chopped fresh parsley and mint and saute for an additional 10 minute to remove some of the moisture and enhance the flavor of the herbs. Add the dried mint, mix into the mixture and remove from the heat.
6. Mix this celery and herb mixture with the beef stew, add the dried Persian limes, cover and cook for 1.5 hours over low heat.
7. The stew should be fragrant with the herbs and dried lime, and the meat and celery tender.
8. Serve with Persian saffron basmati rice and a side of

plain yogurt or Maast-kh-iar (yogurt, cucumber, mint and rose petals).

**N o t e s**  
Limu Omani is a dried Persian lime that offers an incredibly unique tang, flavor and aroma to this dish. It can be purchased from Persian or Middle Eastern markets, or online. Can also substitute 1/2 cup of fresh lime juice for the dried limes.





# FESENJAN



Prep Time 15 mins  
Cook Time 1hr 50 mins

| #  | INGREDIENT                | AMOUNT<br>4 PERSONS | NOTE                         |
|----|---------------------------|---------------------|------------------------------|
| 1  | oil                       | 4 tablespoon        | keep separated               |
| 2  | chicken breast and thighs | 4 pieces            | with skin and bone           |
| 3  | water                     | 1/2 cup             |                              |
| 4  | onion                     | 1                   | diced                        |
| 5  | walnuts                   | 2 cups              | ground                       |
| 6  | pomegranate molasses      | 1/2 - 1 cup         | amount varies based on brand |
| 7  | salt                      | 1/2 teaspoon        |                              |
| 8  | pepper                    | 1/4 teaspoon        | ground                       |
| 9  | saffron                   | 1/8 teaspoon        | ground                       |
| 10 | fresh lemon juice         | 1 tablespoon        | as needed                    |
| 11 | sugar                     | 1-4 teaspoons       | as needed                    |
| 12 | pomegranate               | 1 tablespoon        | cosmetic                     |

# FESENJAN



## Instructions

1. Saute the chicken pieces in a dutch oven with 2 tablespoons oil for 5 minutes on medium high heat. Rotate the chicken to lightly brown both sides.
2. Add water, cover and reduce heat to low and simmer for 30 minutes.
3. In a large frying pan, saute the onions with the remainder 2 tablespoon oil for 10 minutes until lightly brown.
4. While the chicken and onions are cooking, in a food processor pulse the walnuts until finely ground. Don't overdo it, otherwise, you will have walnut butter. Set aside.
5. Add the ground walnuts to the pan with onions and stir over medium heat for a couple of minutes.
6. Add the walnuts, pomegranate molasses, salt and pepper to the chicken. Gently stir to incorporate all the items into the pan.
7. Cover, keep the flame on low and continue to cook for 75 minutes. Take extra care and stir occasionally to prevent this thick stew from burning on the bottom.
8. The stew should have turned into a deep maroon color and the chicken should be fork tender.
9. Add the saffron water, stir and taste for sweet and sour levels. Adjust by adding more sugar or lemon juice.
10. Remove from the heat and allow to sit for 5 minutes before serving
11. Serve with steamed Persian saffron basmati rice.

**Notes**  
Pomegranate Molasses  
**Benefits**  
The most impressive health benefits of pomegranate molasses include strengthening the immune system, lowering overall cholesterol levels, boosting the metabolism, aiding skin health, among others. It also has anticancer potential.



The mixture of herbs, beans, meat, dry lime, nuts, and other spices are carefully selected and meticulously prepared for sending a message to family members, and other guests that taste of food must be as good as it's nutrients.



Infamous, “Ghormeh sabzi”, made of assorted herbs, red beans, and meat can be proof of that statement. Many foreigners have already tried it out and enjoyed the harmony of the taste of assorted vegetables in this stew.



“Gheymeh” also is another tasteful stew that can be served with fries and eggplant. Dry lime (Limu Omani) gives the stew’s deep aroma of authentic food.



Let me tell you about another herb stew called “Karafs”, a Persian name for celery. Healthy and tasty stew that you should try.



Last but not least, there is “Fesenjan” made up of walnut, Pomegranate molasses and meat. It gives you that warmth and rich taste plus all the good nutrients your body need for an active lifestyle.

