



## IRANIAN

# Abgoosht

| COMPLEXITY | SERVES | PREP               | COOK | TECHNIQUE | CUT     |
|------------|--------|--------------------|------|-----------|---------|
| Involved   | 6      | 20 min + overnight | 3 hr | Stew      | Brisket |

## Ingredients

- 800 g (1¾ lb) beef brisket, cut into 5 cm (2 in) chunks
- 200 g (1 cup) dried chickpeas, soaked overnight
- 100 g (½ cup) white beans, soaked overnight
- 2 tbsp neutral oil
- 2 onions, sliced
- 1 tsp ground turmeric
- 3 tbsp tomato paste
- 2 litres (8 cups) water
- 4 dried limes (limoo amani), pierced with a fork
- 3 potatoes, peeled and halved
- 3 tomatoes, quartered
- 2 tsp salt
- ½ tsp black pepper
- Fresh herbs, sliced onion, flatbread and pickles, to serve

## Steps

1. Drain the soaked chickpeas and beans and rinse well.
2. Heat the oil in a large pot over medium heat. Cook the onions for 10 minutes, until soft and golden. Stir in the turmeric for 30 seconds.
3. Add the beef and cook 5 minutes, turning, until the outside is no longer pink. Stir in the tomato paste for 1 minute.
4. Add the chickpeas, beans, water and pepper. Bring to a boil and skim the foam for 5 minutes.
5. Lower the heat, cover, and stew at a low bubble for 1½ hours, until the beans are nearly tender.
6. Add the dried limes, potatoes, tomatoes and salt. Cook 1 hour more, until the beef shreds easily and the potatoes are soft. Add hot water if it looks dry.
7. Using a slotted spoon, remove the beef, potatoes and a ladle of legumes. Mash them together in a bowl with a potato masher (gooshtkoob) until thick and pasty.
8. Strain the broth into bowls, tear in flatbread, and serve the broth first, followed by the mash with herbs, onion and pickles.

## Notes

- **Dried limes:** if you cannot find them, add the juice of 2 limes (about 4 tbsp) at the end of cooking; the broth will taste brighter and less earthy. Try Middle Eastern grocers.
- **Other cuts:** lamb shoulder or bone-in beef shank are traditional and add richness.
- **Make ahead:** the stew is better the next day. Chill within 2 hours, keep 3–4 days, or freeze 3 months; reheat to steaming hot (74°C / 165°F).
- **Slow cooker:** after the boil-and-skim in step 4, cook on low 8 hr or high 5 hr, adding potatoes, tomatoes and limes for the last 2 hr on low. Keep the water as given.