



IRANIAN

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COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min	2 hr 15 min	Stew	Chuck roast & stew beef

Ingredients

- 1 kg (2¼ lb) chuck roast, cut into 2.5 cm (1 in) cubes
- 3 tbsp vegetable oil
- 2 onions, finely chopped
- 1 tsp ground turmeric
- 1½ tsp salt, plus more to taste
- ½ tsp black pepper
- 3 tbsp tomato paste
- 150 g (1 cup) yellow split peas, rinsed
- 4 dried limes (limoo amani), pierced, or juice of 2 limes
- 1 cinnamon stick
- 750 ml (3 cups) water
- 1 tsp ground cinnamon
- ½ tsp saffron threads, ground and bloomed in 2 tbsp hot water
- 400 g (14 oz) russet potatoes, cut into thin fries
- Vegetable oil, for frying
- Steamed basmati rice, to serve

Steps

1. Heat 2 tbsp oil in a heavy pot over medium heat and cook the onions for 10 minutes until golden. Stir in the turmeric for 30 seconds.
2. Add the beef, salt and pepper and cook for 8 to 10 minutes, turning, until it loses its raw colour and the edges brown lightly.
3. Add the tomato paste and fry for 2 minutes until it darkens. Pour in the water, add the cinnamon stick and bring to a bubble.
4. Cover and stew over low heat for 1 hour. Meanwhile, soak the split peas in warm water.
5. Drain the split peas and add them with the dried limes. Cover and simmer for 40 minutes until the beef and peas are tender but the peas still hold their shape.
6. While it cooks, fry the potatoes in 2 cm (¾ in) of hot oil at medium-high heat for 8 to 10 minutes until golden and crisp. Drain on paper towels and salt lightly.
7. Stir the ground cinnamon and saffron into the stew and taste for salt and lime. Serve over rice, topped with the fries.

Notes

- **Dried limes:** if you can't find them, add juice of 2 limes in the last 10 minutes.
- **Make ahead:** the stew keeps 3 to 4 days and freezes for 3 months; make the fries fresh. Reheat until steaming hot.
- **Slow cooker:** do steps 1 to 3 in a pan, then cook on low for 8 hours or high for 4 to 5. Add the soaked peas and limes for the last 2 hours on low.

- **Air fryer:** toss the potato fries with 1 tbsp oil and cook at 200°C (400°F) for 15 to 20 minutes, shaking halfway. Salt after.
- **Pair with:** rice, a plate of fresh herbs and yogurt; add the fries at the table so they stay crisp.