



TURKISH

Beef and Chickpea Stew (Etli Nohut)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	5	20 min + overnight soaking	2 hr 30 min	Stew	Shank

Ingredients

- 800 g (1¾ lb) boneless beef shank, cut into 4 cm (1½ in) chunks
- 200 g (1 cup) dried chickpeas, soaked overnight and drained
- 2 tbsp butter or olive oil
- 2 onions, chopped
- 3 cloves garlic, chopped
- 1 tbsp tomato paste
- 1 tbsp Turkish red pepper paste (biber salçası), or extra tomato paste with a pinch of chilli
- 2 ripe tomatoes, grated or chopped
- 1 tsp paprika or Aleppo pepper
- 1 tsp ground cumin
- 1 tsp salt, plus more to taste
- 750 ml (3 cups) hot water or stock
- 1 tbsp lemon juice
- Chopped parsley, to serve
- Rice pilaf, to serve

Steps

1. Melt the butter in a heavy pot over medium-high heat. Brown the beef in two batches until coloured, about 6 minutes per batch. Move to a plate.
2. Lower to medium. Cook the onions for 8 minutes, until soft and golden at the edges. Add the garlic and cook 1 minute.
3. Stir in the tomato paste and pepper paste and fry for 2 minutes until darker and sticky.
4. Add the tomatoes, paprika, cumin and salt. Cook 3 minutes, until the tomatoes break down.
5. Return the beef and add the chickpeas and hot water. The liquid should just cover the chickpeas.
6. Bring to a boil, then cover and stew at the lowest heat for 2 hours, stirring occasionally, until the chickpeas are creamy-soft and the beef tender.
7. Uncover and simmer for 10 minutes over medium heat, until the sauce is thick and spoonable.
8. Finish with the lemon juice, taste for salt, and scatter with parsley. Serve with pilaf.

Notes

- **Serving:** a squeeze of lemon and a side of rice pilaf and pickled peppers is the usual way.
- **Shortcut:** use 2 cans (400 g each) of chickpeas and add them for the last 30 minutes.
- **Make ahead:** the stew freezes well for 3 months; thaw overnight in the fridge and reheat until steaming hot.
- **Slow cooker:** brown the beef and onions first, then cook with soaked chickpeas on low 8–9 hr. Simmer uncovered on high for 30 minutes to thicken.
- **Chef's touch:** stir the lemon juice in off the heat so it stays fresh and bright.

- **Twist:** stir in a large handful of baby spinach at the end for a green, lighter version.