

Gormeh Sabzi

A soupy-stew of herbs, beans, meat and dried limes/lemons. Serve with Persian rice, (chelo) which is light and fluffy and buttery and delicate, a result of cooking rice in a way that is unlike other rice cultures: par boil, rinse, reheat for a slow steaming, with a generously buttered bottom that turns very very crisp (tah dig).

Serves 4-6

2 big bunches flat leaf parsley, coarsely chopped

2 big bunches coriander/cilantro, coarsely chopped

1 bunch green/spring onions, greens and white, coarsely chopped or sliced

1 smallish bunch fresh dill, coarsely chopped

About 12 oz/300g frozen spinach, leaf or chopped (don't bother defrosting)

1 heaping tablespoon dried fenugreek leaves, or 1 bunch fresh, coarsely chopped

1/4-1/2 cup oil, or as needed

1 big fat onion, chopped

1 1/2 lbs stewing beef or lamb, cubes of a touch, delicious cut of meat that will cook down to tenderness

1 1/2 teaspoons turmeric powder

4-5 cups liquid: half water, half beef stock

4-5 dried limes/lemons, either Persian white/yellow ones or black Oman ones

1. Saute parsley, coriander/cilantro, and green/spring onions, in a few spoonfuls of the oil, until softened, then add the spinach and fenugreek, and continue to cook a few minutes, until the spinach is defrosted (if it already is, just warm it through with the herbs). Remove to cooking pot and set aside.
2. In now empty saute pan saute the onion until softened, then add the beef or lamb cubes and lightly brown. Sprinkle with turmeric, salt and pepper to taste, along the way.
3. Remove the onions and meat to the large pot with the greens; pour some of the liquid into the saute pan to get all the lovely juices and/or crusty bits, then pour that into the pot with everything else. Also, add whatever remaining liquid there is.
4. Bring to boil, reduce heat and cook, at a slow, low, simmer, until the meat is getting tender, about an hour and a half, then add the dried limes. Return to heat and continue to simmer another hour. If sauce is too thick add more liquid, too thin and add a little more dried fenugreek to help absorb the excess,
5. By now the meat should be tender, the greens a lovely delicious, albeit sloppy, sauce; add the kidney beans and cook through together, maybe another 15 minutes?
6. Adjust seasoning, and serve.