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Abgoosht, a classic Persian stew, is a beloved Iranian dish that's perfect for warming up on cold days. This hearty meal blends tender meat, legumes, and vegetables with aromatic spices, creating a comforting and nutritious dish full of rich flavors.

Ingredients:

- 6 pound beef shank, short ribs or chuck roast (see below for tips on selecting the best beef cuts.)
- 2 medium onions, diced or finely chopped using an emulsifier
- 5 cloves of garlic
- 2 1/4 tsp ground turmeric
- 8 cups of water
- 2 tsp advieh (Persian spice mix)
- 1 1/2 tsp ground black pepper
- 1 1/2 tsp sea or kosher salt
- 1/2 tsp ghooreh powder (Ground Sour Grape) Grab it on Amazon – link in the notes below!
- 1/2 tsp smoked paprika
- 1/4 tsp cinnamon
- 2 cans of 15oz of garbanzo beans
- 5 medium white potatoes, peeled and cut in half
- 2 Roma tomatoes, halved
- 1 cup salsa, we use 1 cup of our homemade salsa, but you can always swap it with your favorite fresh tomato salsa.
- 2 TBSP tomato paste
- 1 Quince (optional)
- 1lb fresh green beans, ends snapped off
- Pieces of Sangak or pita bread for "Tilta," or broth soup
- 3 teaspoons of your favorite hot sauce

And finally, the **secret sauce**:

- 1 tablespoon butter
- 1 tsp of avocado or neutral oil
- 1/2 tsp turmeric
- 1/2 tsp pepper
- 1/4 tsp saffron
- 1 TBSP tomato paste
- 1 cup water

Instructions:

Step 1

The night before cooking, **season the beef** with **2 teaspoons of turmeric**, **1 teaspoon of salt**, and **1/2 teaspoon of pepper**. Cover and refrigerate overnight to allow the flavors to develop.

Step 2

In a large pot over medium heat, sear the meat until browned on all sides, about **10-12 minutes**. Transfer the meat to a bowl and set it aside (*metal bowls will be your best friend when preparing this Abgoosht recipe!* 😊). In the same pot, add the onions and garlic, and sauté until soft and translucent, about **8-10 minutes**.

Return the meat to the pot and pour in **8 cups of water**, or enough to mostly submerge everything without it floating. Add **2 teaspoons of advieh (Persian spice mix)**. Bring to a boil, then partially cover the pot with a lid. Reduce the heat to **medium-low** and let it **simmer for 2 hours**. The stew should maintain a steady, gentle boil during this time to ensure the meat becomes thoroughly tender.

Step 3

Add $\frac{1}{2}$ tsp **Ghooreh powder (Ground Sour Grape)**, $\frac{1}{2}$ tsp **smoked paprika**, $\frac{1}{4}$ tsp **cinnamon** to the pot along with $\frac{1}{2}$ **teaspoon of salt** and $\frac{1}{2}$ **teaspoon of pepper**. Stir well to incorporate the flavors.

Step 4

Add the **cooked garbanzo beans**, **diced Roma tomatoes**, **salsa**, **chopped potatoes**, **2 tablespoons of tomato paste**, and **quince** (if using) to the pot.

Bring the ingredients to a boil, then reduce the heat to **medium-low**, cover, and let it **simmer until the potatoes and meat are fully tender**, about **1 hour**.

Step 5

Sauté **green peas** in **1 teaspoon of neutral oil**, such as **avocado oil**, with about **$\frac{1}{4}$ teaspoon of turmeric**. This helps them hold their shape, adds a slight crispiness, and makes it easier to incorporate at the end without needing much additional cooking.

Step 6

For a **special finishing touch**, a **secret** I learned from my **mother-in-law** that truly brings everything together:

Melt **1 tablespoon of butter** with **1 teaspoon of avocado oil (or any neutral oil)** in a small pan.

Add:

- $\frac{1}{2}$ **teaspoon turmeric** (since the initial turmeric benefits can fade after 10+ minutes of high heat)
- $\frac{1}{2}$ **teaspoon black pepper**
- $\frac{1}{4}$ **teaspoon saffron**
- **1 tablespoon tomato paste**
- **1 cup water**

Stir well to dissolve the tomato paste, then add the sauce to the pot and bring it to a boil for about **10 minutes**. This special sauce deepens the flavors and creates a rich, aromatic finish that truly enhances the dish.

Step 7

Fill $\frac{1}{3}$ of a **medium bowl** with **bite-sized pieces of Sangak (Persian flatbread) or pita bread**. Set aside.

Step 8

Use a **slotted spoon** to transfer the ingredients to a **serving platter**, leaving as much broth in the pot as possible.

You can serve this **sparingly in a bowl**, which I personally enjoy, but for my kids, I use a fork to pull the meat off the bones. Use a **potato masher (Gusht koob)** to mash the **meat, beans, and potatoes** into a soft, uniform paste—this is called **Goosht Kubideh**, meaning "mashed meat." If the mixture appears dry, add a few spoonfuls of **broth** and continue mashing until it becomes rich and smooth. **Taste and adjust seasoning** with salt and pepper as needed.

For the **remaining broth in the pot**, pour it over the **bread pieces** in the bowl, toss to coat, and serve immediately.

Step 9

Serve the rest of the **Abgoosht** ingredients (either whole or mashed) alongside **toasted flatbread, wedges of raw red or white onions, Sabzi Khordan (fresh herbs), and Torshi (pickled vegetables)**. Enjoy!

Notes:

For abgoosht, the best beef cuts are those with bones and a good amount of fat and connective tissue, as they add richness and depth to the broth. Here are some ideal options:

Best Cuts of Beef for Abgoosht:

- Shank (Osso Buco):

Contains bone marrow, which enhances the flavor and creates a hearty broth. Tenderizes beautifully during slow cooking.

- Beef Short Ribs:

Rich in fat and connective tissue, adding depth to the dish. Provides a tender, flavorful meat after long cooking.

- Chuck Roast:

Affordable, well-marbled, and ideal for stews. Becomes tender and flavorful with slow cooking.

- Neck or Shoulder (Cross-Cut):

Contains small bones and connective tissue. Adds flavor and thickens the broth naturally.

Tips for Choosing Beef:

- Bone-In Cuts: Bones release collagen and marrow, giving the broth its signature rich taste and silky texture.
- Fat Content: Some fat is essential for authentic flavor but best to be trimmed of excess fat
- Freshness: Use fresh, high-quality beef for the best results.

Leftover goosht kubideh makes for very nutritious baby food and freezes well for up to 2 weeks!

Link for ghooreh powder (Ground Sour Grape):

<https://www.amazon.com/Sadaf-Ground-Sour-Grape-oz/dp/B075361JX6>

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