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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)
- 1½ tsp ground black pepper
- 1½ tsp sea or kosher salt
- ½ tsp ghooreh powder (Ground Sour Grape) Grab it on Amazon link in the notes below!
- ½ 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
- ½ tsp tsp turmeric
- ½ 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 ½ teaspoon of pepper. Cover and refrigerate overnight to allow the flavors to develop.

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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! (a)). 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 ½ tsp Ghooreh powder (Ground Sour Grape), ½ tsp smoked paprika, 1/4 tsp cinnamon to the pot along with ½ teaspoon of salt and ½ 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 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:

- 1/2 teaspoon turmeric (since the initial turmeric benefits can fade after 10+ minutes of high heat)
- ½ teaspoon black pepper
- ¼ 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 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.

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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.

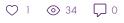
Leftover goosht kubideh makes for very nutritous baby food and freezes well for up to 2 weeks!

Link for ghooreh powder (Ground Sour Grape):

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

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