



Fava Bean and Dill Khoresh

Makes 6 servings
Preparation time: 30 minutes
Cooking time: 1 hour 40 minutes

خورش گل دانه

Khoresh-e gol dar chaman

VEGETARIAN VARIATION

Eliminate the meat from the ingredients and from steps 1 and 5. In step 1 brown the onions and garlic. In step 2 reduce the water to 2 cups and the cooking time to 10 minutes. Proceed with the recipe from step 3. In step 5 add the fava beans and saffron-rose water to the onion and garlic mixture. Increase the number of eggs to 6.

MEAT

3 tablespoons oil, butter, or ghee*
1 pound stew meat (lamb, veal or beef),
or 2 pounds chicken thighs cut up
2 medium onions, peeled and thinly
sliced
10 cloves garlic, peeled and thinly sliced
1 teaspoon sea salt
½ teaspoon freshly ground pepper
1 teaspoon turmeric

FAVA BEANS

2 pounds fresh fava beans in the pod, or
1 pound shelled, fresh or frozen
3 tablespoons oil, butter, or ghee*
½ teaspoon sea salt
½ teaspoon turmeric
2 cups fresh chopped dill weed or chives
¼ cup verjuice (*ab-ghureh*,
unripe grape juice)*
½ teaspoon ground saffron dissolved
in 2 tablespoons rose water
3 eggs

1. In a Dutch oven, heat 3 tablespoons oil over medium heat and brown meat, onions, and garlic. Add salt, pepper, and turmeric, and sauté for 1 minute.
2. Pour in water—3 cups for meat, 2 cups for chicken. Cover and simmer over low heat for 1½ hours for meat or 1 hour for chicken.
3. To remove the second skins from the fava beans: In a medium saucepan, bring 6 cups water and 1 teaspoon salt to a boil over high heat. Add the shelled fava beans, bring back to a boil, use a slotted spoon to remove the fava beans, and place in a bowl of ice water. Remove the second skins, drain, and set aside.
4. In a wide skillet, sauté the fava beans in 3 tablespoons oil over medium heat for 2 minutes, stirring gently and occasionally. Add the salt, turmeric, and dill weed, and sauté for 3 minutes longer.
5. Check to see if the meat is tender. Add the fava bean mixture, verjuice, and the saffron-rose water to the meat. Cover and simmer over low heat for 2 to 5 minutes until fava beans are tender, but not falling apart.
6. Taste the *khoresh* and adjust seasoning to taste.
7. Just before serving, break the eggs, one by one, into the *khoresh* and allow to simmer, undisturbed, for 1 minute. Stir gently once spreading the eggs to create yellow and white ribbons.
8. Serve hot with *kateh* (smothered rice), *mast-e khiki* (drained yogurt), and *Zeytun parvardeh* (Caspian tapenade). *Nush-e Jan!*

NOTE

In step 7 there are several ways of adding the eggs to the *khoresh*: you can add the eggs all at once, allow for them to simmer over low heat for 1 minute, then gently stir for a few seconds to create yellow and white ribbons. You can whisk the eggs and add them to the *khoresh*, stirring gently for 20 seconds. Or you can fry the eggs separately and garnish the top of the *khoresh* with them.