Persian Feast! Part 1- Potato Beef Lentil Stew

NIBBLEDISH CONTRIBUTOR

Ingredients

Khoresh-E Geymeh (Potatoe Stew)
2 Onions diced, **1 lb. stew meat (beef)** cut into 1/2 inch cubes, **1 TBS. Oil, 3 whole Dry Persian Limes** *punch wholes with a knife* (limu-omani:available in Middle Eastern stores), **1/2 tsp. Tumeric**, **1 tsp.** of **Cumin**, **1 1/2 cups** of **water**, **1 large Tomatoe** (poached, peeled and chopped finely), **1 TBS.** of **tomatoe paste**, **1/2 tsp. of ground Saffron** (in a bowl disolve Saffron in 2 TBS. of hot water) Saffron Water, **Bag of frozen frech fries**(thin cut) or 2 large potatoes peeled and cut into thin sticks, **1/3 cup yellow split peas or yellow lentils**, **Salt and Pepper** to your taste I used about 2 tsp of salt and 1 tsp of pepper

Instructions

Prep: Saffron Water: Take saffron threads and ground or crush in a small bowl or mortar and pestle add 2 TBS of hot water and set aside.

Cut slits on to the top of the tomatoe and poach in boiling water for 5 minutes. Let cool, peel off skin and chop finely.
Cook yellow split peas or yellow lentils in a 2 1/2cups of water with 1/4 tsp of salt 30 minutes. Drain and set aside.

Cook: In a dutch oven preheat the oil and brown the onions and beef. Add the dry limes, salt, pepper, tumeric and cumin. Saute for 2 minutes. Add 1 1/2 cups of water and bring to a boil. Cover and reduce to low heat and simmer for 1 hour stirring occasionally.
Mix the chopped tomatoe, tomatoe paste and saffron water in a bowl and add to the pot and cover and cook for another 35 minutes.

Add the lentils or split peas to the pot and check to see if the meat is tender.

Check for seasoning at this point add salt and pepper to taste.
You can transfer the stew into a pyrex dish and cover with foil and keep it in the oven on low until you are ready to serve or you can just keep it in the pot to keep warm.
Bake the french fries until crispy or cut and fry your own fries.
To Serve: Fish out the dried limes and dish the stew on to a serving platter and place crispy fries or potatoes on top.
This is traditionally served with basmati (persian chellow)rice and a cucumber, tomatoe salad (Salad Shirazi) Recipe will be posted in Persian Feast Part 2!
Bon Appetit!