

Khoresh Gheymeh

Beef and yellow split pea stew with roasted potatoes

Prep Time 15 mins

Cook Time 1 hr 45 mins

Total Time 2 hrs

Course: Main Course

Cuisine: Persian

Keyword: beef, lamb, Limoo Omani, stew, yellow split pea

Servings: 4

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Ingredients

Yellow split peas

- 1/2 cup yellow split peas, rinsed
- 1 1/2 cups water, adjust as needed

Stew

- 1 large onion, diced
- 6 tablespoons olive oil or ghee
- 1 teaspoon turmeric, ground
- 1 pound stew beef, 1/2 inch pieces
- 4 tablespoons tomato paste
- 1 1/2 cup water, adjust as needed
- 3 Limoo Omani, Persian dried limes, poked through with a paring knife
- 1 1/2 teaspoons salt, adjust to your taste
- 1/2 teaspoon black pepper, ground
- 1/2 teaspoon Advieh, Persian spice mix, optional (see note)
- 1/2 teaspoon sugar
- 1/8 teaspoon ground saffron, dissolved in 1 tablespoon rosewater (or water)

Potatoes

- 2 large yukon gold potatoes, peeled and sliced to resemble french fries
- 4 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon turmeric, ground

Instructions

Yellow split peas

1. In a small pot bring the yellow split peas and water to a gentle boil. Keep an eye on the pot as yellow split peas produce lots of foam and can spill over.
2. Once boiling, partially cover and simmer on low heat for about 15 minutes. The yellow split peas are partially cooked at this stage and will continue to cook further once integrated into the stew. Remove from the heat, strain and set aside.

Stew

1. Saute the onions with oil in a large pot over medium heat for 15 minutes,
2. Add turmeric and saute for an additional 2 minutes. The onions should be golden in color and aromatic at this stage.
3. Add the beef pieces to the onions and increase the flame to medium-high and saute for about 5 minutes.
4. Continue by adding the tomato paste and saute for a couple of minutes on medium heat to bring out the flavor of the tomato paste.
5. Add 1 1/2 cups of hot water, cover and cook for 45 minutes over low heat.
6. Continue by adding the Limoo Omani, salt, pepper, Advieh, sugar to the stew. Stir and simmer for 20 minutes.
7. Gently stir in the partially cooked yellow split peas, and continue to simmer on low heat for 15 minutes.

Potatoes

1. While the meat is cooking, toss the potatoes with oil, salt, and turmeric and place single-layered on a baking sheet.
2. Place the potatoes in a 375°F oven and roast for about 30 minutes, or until golden and crispy. I prefer to use a convection oven to roast the potatoes to a golden perfection without having to flip the potatoes over. If not using convection, be sure to flip the potatoes once.

Stew - continued

1. Check the stew to ensure the meat is fully cooked and tender while the majority of the yellow split peas are still holding their shape.
2. Add the saffron-rosewater and gently mix.
3. The stew should be slightly tart and dense with ingredients, but not too dry or runny with liquid. Adjust as needed.
4. Take the stew off the heat, and allow to set for 10 minutes.

Assembly

1. Place the stew in a serving bowl and top with the crispy golden potatoes and serve with Persian saffron basmati rice.

Notes

Advieh - Persian spice mix

Combine equal portions of the following spices to have one hand. Store in a dark and airtight container for future use.

Ground cardamom, cinnamon, cumin, coriander and rose petals

Limoo Omani

Persian dried limes are available at Persian or Middle Eastern markets.