Isfahan Beryani: The Savory Icon of Central Iran (Not a Rice Dish!)

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بریانی اصفهان

Isfahan Beryani - Traditional Isfahan cooked meat dish on flatbread.



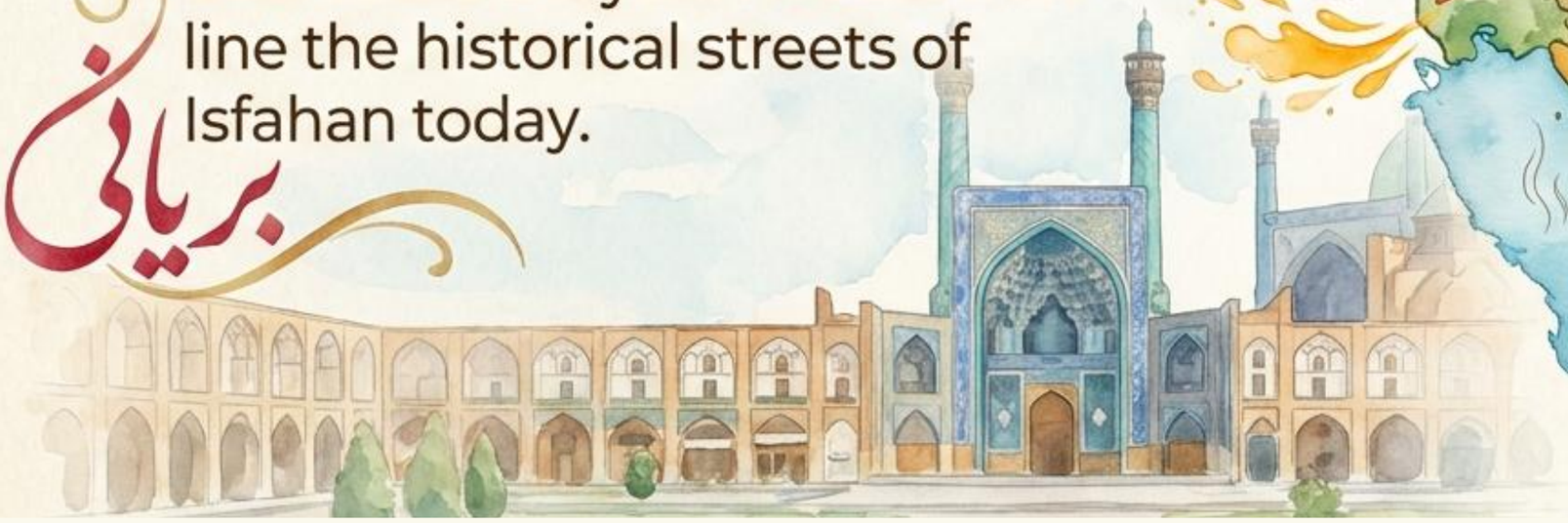
By Mozhgan

بریانی

A Royal Legacy in the Heart of Iran

Born in the Safavid era, Beryani evolved from majestic royal banquets to specialized, dedicated Beryani houses that line the historical streets of Isfahan today.





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The Building Blocks of Flavor



Rich Mutton/Lamb



Ruby Onion

Turmeric & Cinnamon





Saffron Infusion

سنگک

Sangak - Pebble-baked Persian flatbread





Fresh Herbs

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Step 1: The Slow Cook & The Golden Broth

The meat is simmered to tenderness. Crucially, the rich cooking liquid is saved—it will become the soul of the final dish.

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آب گوشت

Ab-e Goosht / Ab-e Beryani - The vital, rich meat cooking liquid.

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Step 2: Mincing & Spice Alchemy

The cooked meat is finely ground and transformed by a sweet and earthy trinity of spices,spices, creating a dense, aromatic paste.



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Step 3: Shaping & The Sizzle

Formed into a rustic patty and flashed in a traditional copper skillet to achieve a caramelized, golden-brown crust while retaining a tender center.



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Step 4: The Masterpiece Assembly

هنر مونتاژ



The Union of Broth, Bread, and Beryani.

Step 5: A Plant-Based Tribute



Retaining the exact spices and soul of Isfahan, the meat is swapped for a hearty, savory blend of earthy legumes and walnuts.

The Serving Ritual: Crafting the Perfect Bite



دوغ

Doogh - Refreshing savory yogurt drink with mint.

Tear the broth-soaked bread. Pinch the golden meat. Layer with fresh herbs and crisp onion. Wash down with cold, tart Doogh.

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