



Khoresht (خورشت)

kho-RESHT

Definition: A traditional Persian
slow-simmered stew.

Fesenjan (فسنجان)

A luxurious, slow-simmered symphony
of toasted walnuts and tangy
pomegranate. The undisputed king of
the Persian wedding table.

The Ancient Art of Sweet and Sour

Torsh va Shirin (ترش و شیرین)
torsh va shi-REEN

Definition: The delicate equilibrium
of sweet and sour profiles.



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Persian cuisine relies on delicate equilibrium. Fesenjan is the ultimate masterclass in balancing rich, earthy fats with bright, tangy acids.

Three Humble Ingredients Create Infinite Complexity



Gordoo (گردو) | Walnuts
The Richness & Base.



Rab-e Anar (رب انار) | Pomegranate Paste
The Tang & Depth.

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Chicken or Duck
The Canvas.



Onion & Saffron
The Aromatics.

Step 1: Building a Savory Foundation

Finely diced onions are sautéed until deeply golden. The poultry is browned to lock in flavor, providing a robust, savory foundation to anchor the intense fruit and nut profiles to come.



Step 2: Waking Up the Walnuts

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The Gordoo is pulverized into a fine, sandy texture. Toasting the ground nuts in a dry pan releases their natural oils and transforms their flavor into a deep, earthy, roasted profile.



Step 3: Pouring the Dark Syrup

Cold water shocks the toasted walnuts, aggressively coaxing out their hidden oils. The thick ruby pomegranate paste is folded in, transforming the mixture into a luxurious, inky dark stew.

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Ja Oftadan Marks a Master Chef

Ja Oftadan

Ja Oftadan (جا افتادن)

jah of-tah-DAN

Definition: The culinary concept of a slow simmer until the stew settles, oil separates to the top, and flavors meld into a deep, velvety consistency.



Thick Walnut &
Pomegranate Stew

Separated Golden
Walnut Oil



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A Persian stew is never rushed. When Fesenjan is truly ready, it “finds its place.”
The natural walnut oils separate and float to the surface as a shimmering golden crown.

By Mozghan

Finding Your Regional Flavor Profile

Fesenjan-e Torsh (Sour)

Region: Northern Iran
(Gilan/Caspian Coast)

Color: Darker, almost midnight black

Profile: Tangy, sharp, strictly no added sugar

Pairing: Duck or wild game birds



Fesenjan-e Shirin (Sweet)

Region: Central Iran
(Tehran/Isfahan)

Color: Lighter, warm chestnut brown

Profile: Mellow, sweet, tempered with rock sugar or butternut squash

Pairing: Chicken or tender meatballs



The Perfect Vehicle for Rich Stews

Chelow (چلو): Steamed Persian saffron rice.

Tahdig (ته‌دیگ): The golden, crispy rice crust at the bottom of the pot, prized at Persian gatherings.

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Fesenjan never stands alone. It is spooned generously over steaming, buttery saffron rice, designed to soak up the luxurious sauce while contrasting with the crunch of golden Tahdig.

Food Meant to be Shared Around the Sofreh



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Fesenjan is a labor of love, requiring immense time, patience, and precious ingredients. It is inherently celebratory—a dish that calls for family and friends to gather around the sofreh.

نوش جان



May It Nourish Your Soul

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More than just 'enjoy your meal'—it is the Persian equivalent of bon appétit, serving as a blessing for the time, love, and life shared at the table.