



GHORMEH SABZI

The King of Persian Stews

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More Than a Recipe

پیش از یک دستور غذا

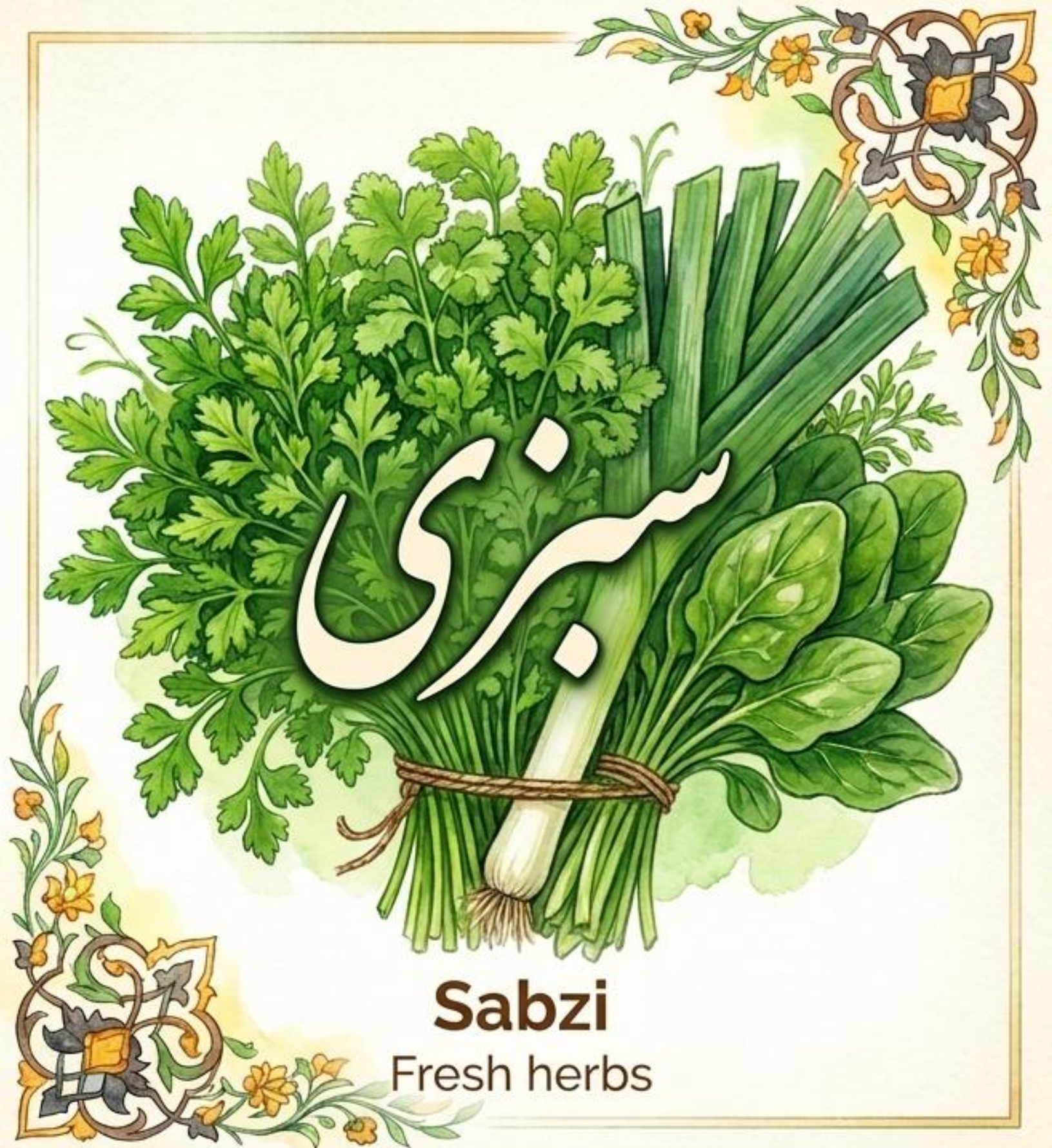
- **The National Dish:** The undisputed king of the Iranian table.
- **A Cultural Anchor:** A symbol of patience, deep heritage, and renowned hospitality.
- **A Living Tradition:** Every family, from Tabriz to Tehran, holds their own secret variation. This includes gilt-edged plates, modern cutlery, and crystal water glasses.





Ghormeh

Braised or sautéed meat



Sabzi

Fresh herbs

The Green Canvas



Parsley:
Earthy foundation
(2 parts)



Tareh / Scallions:
Sharp allium bite
(2 parts)



Cilantro:
Bright & peppery
(1 part)

شنبلیله

Shambalileh

Fenugreek



*The unmistakable
aromatic soul of the
stew.*

The Golden Rule:

- Use sparingly.
- Too much = bitter.
- Just enough = magic.

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ليمو آمانی

Limoo Amani

Sun-dried Persian lime

Brings the sour, earthy, fermented tang.
The signature flavor of the Middle East.

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1. The Herb Alchemy



Raw & Bright



Wilted & Sweet



Dark & Intensely Savory

The Secret: Fry the Sabzi until dark green. Do not rush.
This unlocks the soul of the dish.

2. Searing the Base

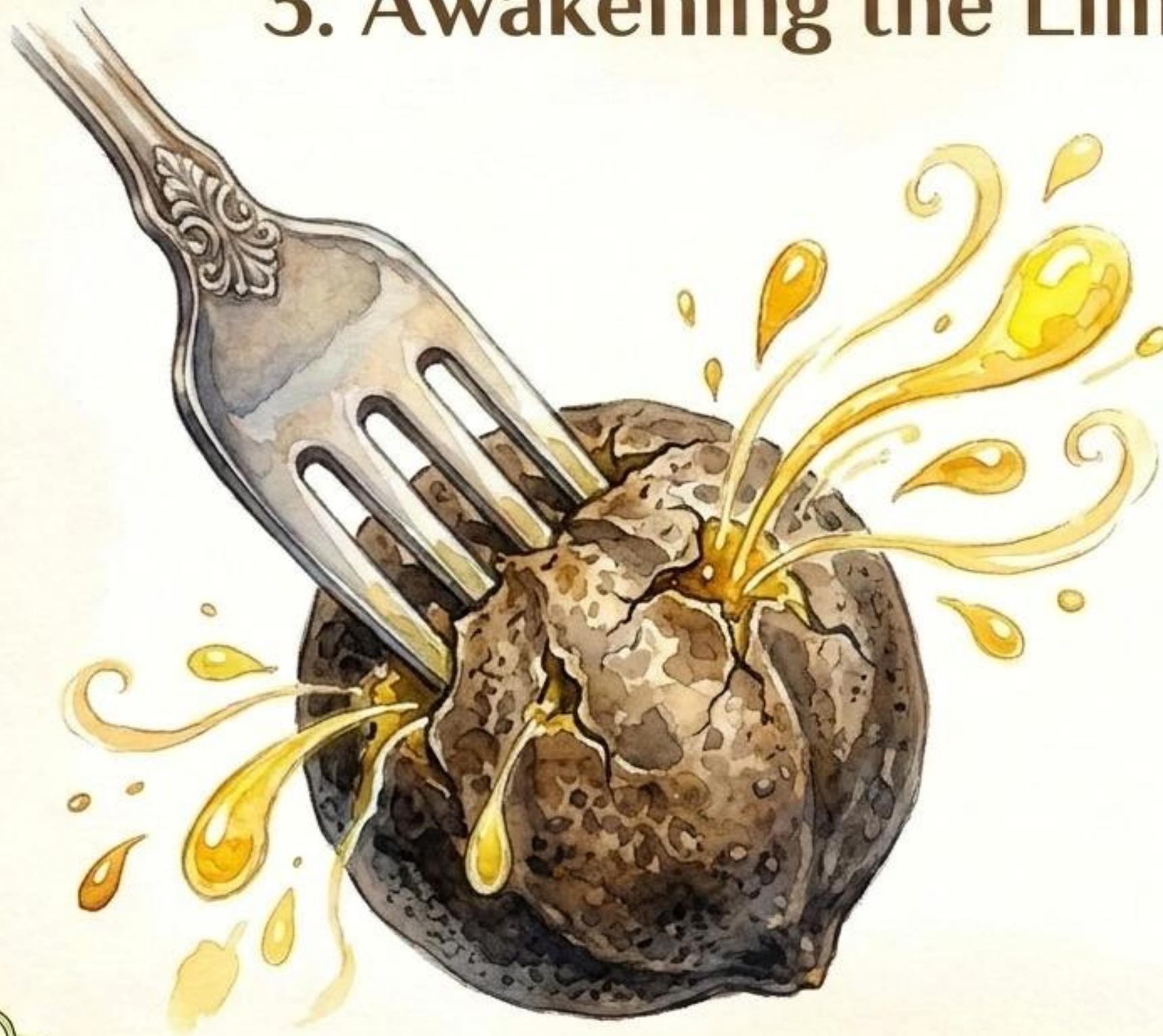
Onions: Fried to golden perfection.

Ghormeh: Browned on all sides to seal in flavor.

Turmeric & Black Pepper: Waking up the spices in hot oil.



3. Awakening the Limoo Amani



Pierce: To crack the armored skin.

Soak: To remove the outer bitterness.

Drop: Into the bubbling pot to release the sour nectar.

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جا اڦتادن

Ja Oftadan

Slow simmering to rich perfection

Literally: "To fall into place."

The magical stage where oil rises to the surface, flavors meld into one, and the stew thickens.



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ته دیگ

Tahdig
Crispy rice crust

Literally: "Bottom of the pot."

The golden, crunchy, ultimate prize of a Persian meal.

سفره Sofreh

Traditional dining table spread

Food is meant to be shared.

Balance the rich, earthy stew
with crisp raw herbs and cool,
acidic salads.



نوش جان

Nooshe Joon

May it nourish your soul
Bon appétit!



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The Synthesis: Patience is the main ingredient.



Step 1: Finely chop and fry Sabzi until dark green.



Step 2: Sear meat, onions, and turmeric.



Step 3: Add water, cooked kidney beans, and pierced Limoo Amani.



Step 4: Simmer low and slow for 2-4 hours until Ja Oftadan.