

Khoresht Ghaymeh

A Tale of Saffron, Citrus, and Time



خورش

[kho-RESH]

Stew

The Ultimate Comfort Food of Iran

Gheymeh is the taste of home, childhood, and grand gatherings. A classic Persian stew balancing savory richness with a surprising, delightful sourness, it requires time and patience—often slow-cooking while families catch up on the day.

مهمان نوازی

[meh-mahn na-vah-ZEE]

Hospitality

www.learnoteach.com



By Mozghan



Savory & Deep

Rob-e Gojeh [ROB-eh go-JEH] - Tomato Paste

*Masterful Persian cooking
lives in the tension between
rich meats and piercing citrus.*



Bright & Sour

Limoo Amani [lee-MOO a-MA-nee] - Dried Lime



Earthy & Textural

Lapeh [lah-PEH] - Yellow Split Peas

The Golden Foundation



1. Chop



2. Sauté



3. Spice

Fry chopped onion in oil until golden. Add turmeric.

پیاز

[pee-YAZ]
Onion

زردچوبه

[zard-choo-BEH]
Turmeric

Building the Heart of the Stew



• Cook the Meat: Add diced beef or lamb and sauté for a few minutes to lock in the flavor.

• Add Split Peas: Introduce the soaked yellow split peas.

• The First Simmer: Add enough water and simmer until the meat and peas are almost tender.

گوشت

[GOOSHT]

Meat

The Secret of the Sour

لیمو عمانی

[lee-moo a -ma -nee]

Dried Persian Lime



Add tomato paste, dried Persian limes, salt, and pepper.

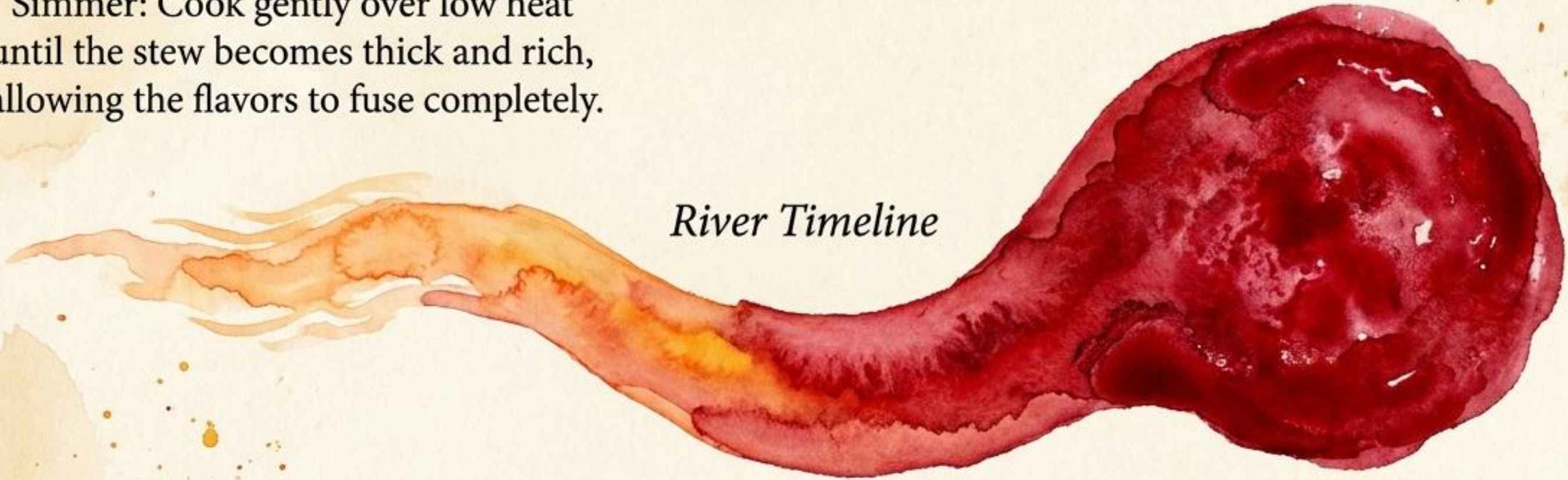
Culinary Tip:

Always soak the dried limes or pierce them with a fork before adding to the pot. This allows the fragrant, earthy citrus oils to release into the broth while drastically reducing bitterness.

The Alchemy of Simmering

Simmer: Cook gently over low heat until the stew becomes thick and rich, allowing the flavors to fuse completely.

River Timeline



*The fire does the work, but time
is the true master ingredient.*

www.learnoteach.com

صبر

[SABR]
Patience

By Mozghan

The Crowning Glory

Prepare the potatoes: Cut potatoes into thin strips and fry until golden and crispy. Set aside.

These will serve as the textural crown of the dish, added only at the very end to preserve their perfect crunch.

www.learnoteach.com



سیب زمینی

[seeb-zah-mee-NEE]

Potato



www.learnoteach.com

The Perfect Companion Canvas

A rich stew requires an absorbent foundation. Serve the Gheymeh alongside perfectly steamed Persian rice to capture the rich tomato and citrus broth.

برنج

[beh-RENJ]

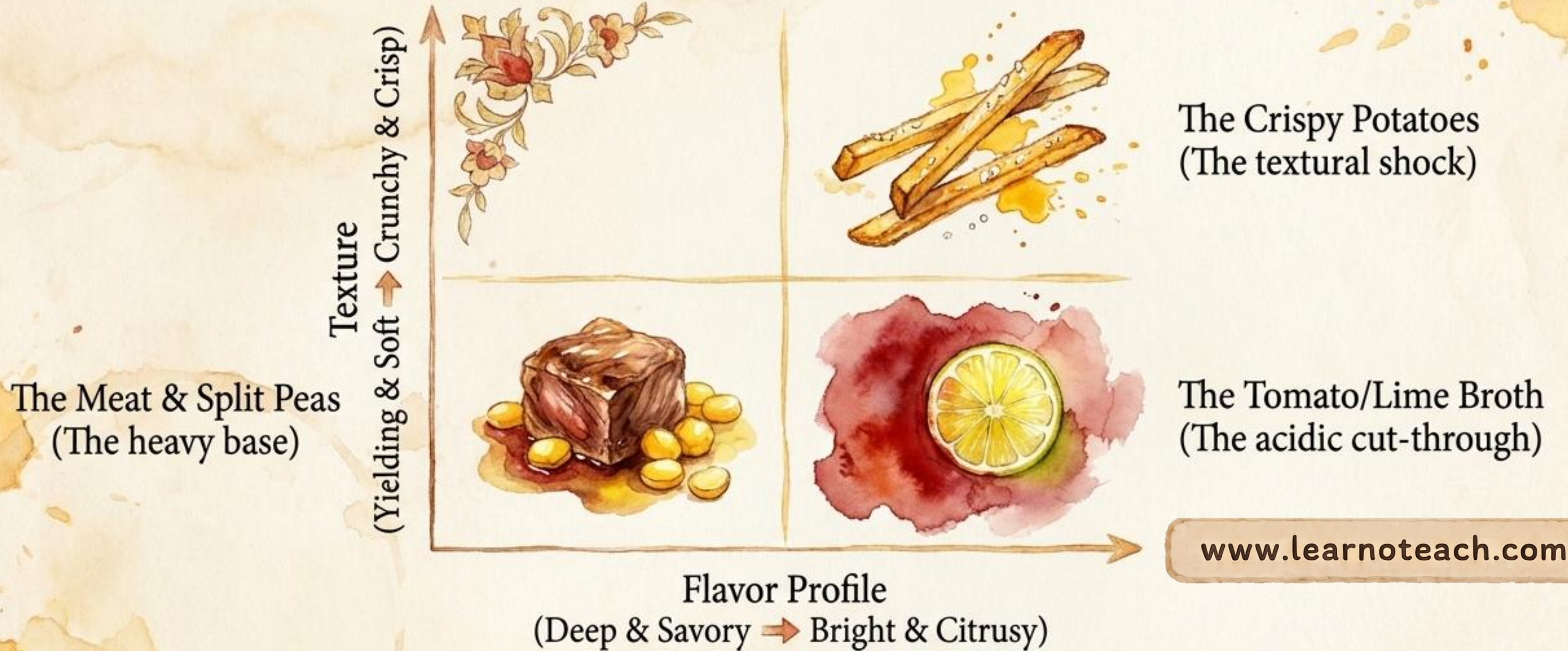
Uncooked Rice

پلو

[po-LO]

Cooked Rice

The Sensory Architecture of a Bite



Every spoonful offers an instantaneous journey across contrasting textures and flavors.

The Feast Assembled

Spoon the thick Gheymeh over the Persian rice and top generously with the crispy fried potatoes just before bringing to the table.

خوشمزه

[khosh-mah-ZEH]

Delicious



www.learnoteach.com

A Glossary of the Kitchen



خورش / Khoresh (Stew)



زردچوبه / Zardchoobeh (Turmeric)



لیمو عمانی / Limoo Amani (Dried Lime)

www.learnoteach.com



سیبزمینی / Sibzamini (Potato)



پلو / Polo (Cooked Rice)

May It Nourish Your Soul

In Persian culture, we do not merely wish you a good meal. We offer a blessing that the food brings warmth to your home and joy to your table.

نوش جان

[NOOSH-eh JAHN]

Bon Appétit / May it nourish your soul.

www.learnoteach.com

