

شله مشهدی

Sholeh Mashhadi

The Savory
Slow-Cooked
Feast of Khorasan

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By Mozghan



The Spirit of Nazri

خیرندری

Boalhad

In the city of Mashhad, this laborious, spice-rich stew isn't just food—it's a votive offering.

Traditionally

Traditionally cooked in massive copper cauldrons for the community during days of commemoration, it demands patience, rhythm, and the devotion of a special cook.



RHYTHMIC
DEVOTION



The Anatomy of a Stew: Defining Sholeh



Sholeh Mashhadi

شله مشهدی

- **Base:** Wheat Bulgur & Short-grain Rice
- **Additions:** 5 types of Legumes + Meat
- **Vegetables:** None



Halim

حلیم

- **Base:** Wheat
- **Additions:** Meat only (No Legumes)
- **Vegetables:** None



Ash Shole Ghalamkar

آش شله قلمکار

- **Base:** Rice
- **Additions:** Legumes + Meat
- **Vegetables:** Abundant fresh herbs and greens

The Foundation: Earth & Spice (Serves 4)

حبوبات

The Legumes: Navy beans, pinto beans, chickpeas, lentils, and mung beans. (Equal parts).

غلات

The Grains: Wheat grits (bulgur) and short-grain rice.

پایه

The Base: 500g Mutton or beef (boneless) & yellow onions.

ادویه جات معطر

The Aromatics: Cinnamon, nutmeg, turmeric, and ginger powder.



TRADITIONAL CARNIVORE

Veal or Sheep neck meat for maximum stretch.



VEGETERIAN EDITION

Going meatless? Swap the meat for extra hearty beans and shredded oyster mushrooms to replicate the savory chew and elasticity.

The Alchemy: Part 1 (Preparation)

1. Soak (24 Hours):

Submerge all legumes in water for a full day, changing water 2-3 times to remove swelling and improve digestion.

2. Simmer (3 Hours):

Slow-cook the meat and onions with pultra-fine turmeric until the texture is completely soft.

3. Shred:

Once cooled, use a fork to pull the meat into ultra-fine threads. (Crucial for the final texture).



The Alchemy: Part 2 (Convergence)



4. Mash:

Cook the soaked legumes until soft, then crush them completely with a masher or meat grinder.



5. Combine:

Unite the mashed beans, shredded meat, soaked bulgur, and rice in a large pot with fresh water.



6. Stir & Spice (45m - 1 hr):

Cook over low heat. Stir constantly to prevent the wheat from burning. Fold in cinnamon, nutmeg, ginger, pepper, salt, and oil in the final minutes.



The Secret is in the Stir



1. Wheat Starches
breaking down.

**2. Ultra-fine
shredded
meat fibers**
(neck meat is best).

Why stir continuously? Beyond preventing the bulgur from burning, the constant agitation forces the wheat starches to bind with the pounded meat fibers. This mechanical action creates Sholeh's signature elastic, velvety, and stretchy texture.

The Essential Crown: Gheimeh

The people of Mashhad never serve Sholeh alone. A generous ladle of this saffron, tomato, and split-pea stew is poured directly over the bowl. The sharp, savory acidity of the Gheimeh cuts perfectly through the rich, heavy elasticity of the Sholeh.

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Assembling the Feast



The Crunch: Serve with fresh Sabzi Khordan (herbs) to cleanse the palate.



The Crown: A ladle of Gheimeh poured directly into the center.



The Scoop: Hot Sangak flatbread on the side to tear and scoop every last bite.



Nooshe Joon
May it nourish your soul.