

Khoresh-e Gheymeh Shopping List

Ingredients for 4 portions

For the Khoresh-e Gheymeh:

500g / 1.1lbs lamb leg or shoulder

Lamb leg is leaner than lamb shoulder but still very tender, if you follow this tutorial. You can go for beef, if you prefer, but note that lamb will give the dish the most authentic flavour. If your butcher didn't cut the meat for you, no worries. I have a tutorial for that. If you have any bones, don't throw them away. They add amazing flavour to the dish. I even add an extra beef bone, because it has lots of marrow. But this is optional.

1 medium sized or large onion

4 cloves garlic

1/2 cup / 110g yellow split peas.

If you've never heard of them, go to my 'Special Persian Ingredient' section to learn more about them and where to find them.

2 large or 4 medium potatoes

5 dried limes

Again, check out my 'Special Persian Ingredients' section to find out what they are, what they're good for and where to find them.

4 tbsp tomato paste

1 cup / 250ml vegetable oil

Most of it is for frying the potatoes. You can also bake the potato fries, in which case you'll only need a few tbsp.

1 cinnamon stick

2 tsp turmeric

1 tsp black pepper

Salt to taste

For the Persian Saffron Rice:

400g / 2 cups basmati rice

5 to 7 tbsp vegetable oil (for bread tahdig)

3 to 5 tbsp vegetable oil (for plain rice tahdig)

1 wheat tortilla, Persian lavash or taftoon bread (for bread tahdig)

1/4 tsp saffron

2 to 3 ice cubes to bloom the saffron

2 tbsp salt for parboiling the rice