

Gheymeh Bademjan Shopping List

Ingredients for 4 portions :

2 large aubergines / eggplants

500g / 1.1lbs lamb leg or shoulder

I also add a piece of beef bone including the marrow to add extra flavour. You can also ask your butcher for lamb bones when buying the lamb, but both these options are optional.

100ml / 1/4 cup vegetable oil

2 tsp turmeric

1 tsp black pepper

1 tbsp salt

We need this much for dehydrating the aubergines, so it doesn't all go in the dish.

4 tbsp tomato paste

3 tbsp sour grapes

They are called Ghooreh in Farsi and I talk more about them and where to find them in the 'Special Persian Ingredients' section.

4 tbsp yellow split peas

If you are unsure where to find them, you can again check out my 'Special Persian Ingredients' section.

1 onion

3 cloves garlic

1 egg

1/4 tsp saffron

3 ice cubes

This is for the Gheymeh Bademjoon, not for the rice, so you can bloom double the amount of saffron to have enough for both.

12 cherry vine tomatoes

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