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Khoresht Ghaimeh

Ingredients

450g or 1 lb lean lamb – cut into small pieces

90g or ½ cup yellow split peas

4 normal sized tomatoes

1 large onion

3 normal sized potatoes

1 tsp ground turmeric

1 tsp ground cinnamon

1 tsp ground curry powder

4–5 threads of saffron

2 tbsp margarine or butter

1¼ cups water

Salt – chopped

Black pepper – ground

Juice of 1 lemon

Servings

4

Person

Preparation

- 1 In a large pan, melt the margarine or butter, and then fry the onion until slightly golden – for around 3 minutes.
- 2 After that, add in the meat and let it cook on high heat until golden brown – for 3–4 minutes.
- 3 Then, add in the curry powder, cinnamon and turmeric, and allow it to infuse together/ cook for 2 minutes.
- 4 Pour in the water, season well and bring it to a boil, then cover and let it simmer over a low heat for about 30–35 minutes.
- 5 Mix in the saffron into 1tbsp of water and then add the saffron infused liquid to the meat with the tomatoes, split peas and lemon juice.
- 6 Mix well and then cover the dish and let it simmer for a further 35–40 minutes, until the meat is completely cooked, soft and tender.
- 7 Then, in a frying pan, sauté the potatoes in heated oil until cooked and golden brown – for 10–15 minutes.
- 8 Spoon the meat on to a warmed, large serving dish and scatter the golden brown sautéed potatoes on top.
- 9 You can use the juice of 2 limes instead of the juice of 1 lemon, and you can replace lamb with any meat according to your preference.
- 10 Serve the khoresht with saffron infused rice.

Cooks Note

Serves 4
