KitchenBooQ

Abgoosht (Persian Lamb and Chickpea Stew)

Serves: 6 | Cooking Time 3 hours 20 minutes | Level: Capable



INGREDIENTS

1.5 lb (680 g) lamb shoulder or shank, cut into chunks
1 cup (200 g) dried chickpeas, soaked overnight and drained
1/2 cup (90 g) white beans, soaked overnight and drained
1 large yellow onion, finely chopped
3 cloves garlic, minced
2 tbsp tomato paste
1 tsp ground turmeric
4 whole dried limes (limoo amani), pricked with a fork
6 cups (1.4 L) water or low-sodium beef broth
3 medium russet potatoes, peeled and cut into large chunks
2 bunches fresh herbs (cilantro, parsley, and scallions), finely chopped (about 3 cups packed)
1 tbsp kosher salt (or to taste)
1/2 tsp ground black pepper
Fresh mint or cilantro for garnish

Notes
Dried limes (limoo amani) are essential for authentic tang; substitute with 1 tbsp lemon zest plus 2 tbsp dried lime powder if unavailable. Store leftovers in an airtight container and refrigerate within 2 hours of cooking due to the meat content. The stew thickens significantly when cold; reheat gently on the stovetop with a splash of water or broth until warmed through. Freezes well for up to 3 months.

PREPARATION

1. Drain and rinse the soaked chickpeas and white beans. In a large heavy-bottomed pot or Dutch oven, combine the lamb chunks, drained legumes, chopped onion, garlic, tomato paste, turmeric, salt, and pepper. Pour in the water or broth until everything is just covered by about an inch of liquid.

2. Bring to a boil over medium-high heat, then immediately reduce to a gentle simmer. Skim off any foam that rises to the surface during the first 30 minutes. Cover partially and cook for 1 hour.

3. Add the pricked dried limes and potatoes to the pot. Continue simmering uncovered or partially covered for another 45 to 60 minutes, or until the lamb is extremely tender and falling apart, and the legumes are soft enough to mash easily with a fork.

4. Remove the pot from heat. Using a potato masher or the back of a large spoon, crush the meat, potatoes, and beans directly in the pot into a thick, rustic mash. For a broth-heavy version, carefully ladle out some liquid before mashing. Stir in most of the chopped fresh herbs, reserving a portion for garnish.

5. Serve immediately with warm sangak or lavash bread, extra fresh herbs on the side, and a wedge of lemon if desired. Traditionally, diners strain the broth to drink separately while enjoying the savory mash dipped in flatbread.