Dried Fruit, Legume + Noodle Osh

osh-e khoshbar-e hamadani

This recipe comes from Shabnam Shahbazian in Hamadan. In Shiraz they make this osh without the dried fruit. In Tabriz, they make it without the noodles. This recipe is traditionally made with 1 pound/450g lamb shanks on the bone, added in step 1 to make a broth (or use a ready-made broth). I am giving you a vegan version here, which is equally hearty, satisfying and delicious.

1. **To make the broth:** Heat the oil in a large laminated cast-iron pot over medium heat until hot. Add the onion and sauté until golden brown. Add the salt, peppers, turmeric, cumin, cardamom, ginger, cinnamon, and the legumes, and sauté for 1 minute. Pour in the water and bring to a boil. Reduce heat to medium-low, cover, and simmer for 1 hour, stirring occasionally. Check to be sure the beans are cooked. Use a hand-held mixer to partially puree the legumes in the soup.

2. Add the rice and dried fruits to the pot. Cover and simmer for 15 minutes longer.

3. Add the noodles and bring back to a boil. Reduce heat to low, cover, and simmer for 15 minutes longer.

4. **For the sweet and sour herbs:** Add the grape molasses, vinegar, and the herbs to the osh. Simmer, uncovered, for 10 minutes longer, stirring occasionally (add more warm water if too thick). Season to taste, adding more molasses or vinegar if needed. Cover and keep warm until ready to serve.

5. **To cook the garnish:** Heat 2 tablespoons oil in a medium-sized skillet over medium heat. Add the garlic and sauté until golden brown. Add the turmeric, give it a stir, and remove from heat. Crumble the dried mint flakes in the palm of your hand and add them to the skillet. Stir well and set aside.

6. Pour the osh into a tureen or individual bowls and garnish on top. Stir the garnish in just before serving. *Nush-e joon!*

**NOTE**

You can replace the fresh herbs with dried herbs that are always available at Iranian markets. I like to use ¼ cup of dried herbs for every cup of chopped fresh herbs. Dried herbs also need a little more cooking, so add them in step 3 rather than in step 4.

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**Serves 6 to 8**

**Prep:** 30 minutes + soaking of legumes overnight

**Cooking:** 1½ hours

**LEGUMES SOAKED OVERNIGHT, DRAINED + RINSED**

- ½ cup/100g brown lentils
- ¼ cup/50g red beans
- ¼ cup/50g chickpeas

**BROTH**

- ¼ cup/60ml oil or ghee
- 2 onions, peeled and thinly sliced
- 1 tablespoon fine sea salt
- 1 teaspoon freshly ground pepper
- 1 teaspoon red pepper flakes
- 1 teaspoon turmeric
- 1 tablespoon ground cumin
- 1 tablespoon ground cardamom
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 12 cups/2.9l water or broth
- 1 tablespoon rice
- ¼ cup/40g dried pitted tart cherries
- ½ cup/80g dried apricots
- ½ cup/75g dried pitted prunes
- ½lb/225g Persian flat noodles (wheat) or rice noodles

**SWEET + SOUR HERBS**

- 2 tablespoons grape molasses
- 2 tablespoons red wine vinegar
- 2 cups/170g chopped fresh parsley
- 2 cups/200g chopped spring onions
- 2 cups/160g chopped fresh dill
- 2 cups/170g chopped fresh cilantro
- 1 tablespoon dried mint

**GARNISH/NA`NA DAGH**

- 2 tablespoons oil
- 10 cloves garlic, peeled and grated
- 1 teaspoon turmeric
- 4 tablespoons dried mint flakes

**VEGAN**