

Fava Bean and Dill Khoresh

Makes 6 servings

Preparation time: 30 minutes

Cooking time: 1 hour 40 minutes

خورش گل دانه

Khoresh-e gol dar chaman

VEGETARIAN VARIATION

Eliminate the meat from the ingredients and from steps 1 and 5. In step 1 brown the onions and garlic. In step 2 reduce the water to 2 cups/480ml and the cooking time to 10 minutes. Proceed with the recipe from step 3. In step 5 add the fava beans and saffron-rose water to the onion and garlic mixture. Increase the number of eggs to 6.

مرغ ترش

Morgh-e torsh

MEAT

3 tablespoons oil, butter, or ghee*
1 pound (450g) boneless chicken thighs, cut into 2-inch/5cm cubes, or 2 pounds (900g) bone in
2 medium onions, peeled and sliced
7 cloves garlic, peeled and thinly sliced
1 teaspoon fine sea salt
½ teaspoon freshly ground pepper
1 teaspoon turmeric

FAVA BEANS

2 pounds (900g) fresh fava beans in the pod, or 1 pound (450g) shelled, fresh or

frozen, second skins removed
3 tablespoons oil, butter, or ghee*
½ teaspoon sea salt
1 teaspoon turmeric
2 cups (170g) chopped fresh dill weed or 2/3 cup (40g)
1 cup (60ml) verjuice (*ab-ghureh*)* or ½ cup (120ml) sour orange juice or ¼ cup (60ml) lime juice
½ teaspoon ground saffron dissolved in 2 tablespoons rose water
3 eggs

- In a Dutch oven, heat 3 tablespoons oil over medium heat and brown chicken, onions, and garlic. Add salt, pepper, and turmeric, and sauté for 1 minute.
- Add 2 cups (480ml) water. Bring to a boil, reduce heat to low, cover and simmer over low heat for 1 hour.
- To remove the second skins from the fava beans: In a medium saucepan, bring 6 cups water and 1 teaspoon salt to a boil over high heat. Add the shelled fava beans, bring back to a boil, use a slotted spoon to remove the fava beans, and place in a bowl of ice water. Remove the second skins and drain (if using frozen, thaw and rinse).
- In a wide skillet, sauté the fava beans in 3 tablespoons oil over medium heat for 2 minutes. Add the salt, turmeric, and dill weed, and sauté for 3 minutes longer.
- Check to see if the chicken is tender. Add the fava bean mixture, verjuice, and the saffron-rose water to the chicken. Cover and simmer over low heat for 2 to 5 minutes until fava beans are tender, but not falling apart.
- Taste the *khoresh* and adjust seasoning to taste. Just before serving, break the eggs, one by one, into the *khoresh* and allow to simmer, undisturbed, for 1 minute. Stir gently once spreading the eggs to create yellow and white ribbons.
- Serve hot with *kateh* (smothered rice), *mast-e khiki* (drained yogurt), and *Zeytun parvardeh* (Caspian tapenade). *Nush-e Jan!*

VARIATIONS

Caspian-Style Sour Chicken (*Morgh-e torsh*)—Eliminate the fava beans from the ingredients, and replace it with ¼ cup (50g) split peas cooked in 3 cups (720ml) water over medium heat for 30 minutes, drained. Replace the dill with the following herbs: 1 cup (85g) chopped fresh parsley, 1 cup (85g) chopped fresh cilantro, 1 cup (85g) chopped fresh basil, and 1 cup (85g) chopped fresh mint (or 1/3 cup dried). In step 4, sauté the herbs for 5 minutes, before adding the split peas.