

## Apple Khoresh

Makes 4 servings  
Preparation time: 20 minutes  
Cooking time: 2 hours 15 minutes



*Khoresh-e sib*

### VEGETARIAN VARIATION

Eliminate the meat from the ingredients and from step 1. Add 4 cups/960ml water in step 2. In step 3, increase split peas to ½ cup/100g. Proceed with the recipe.

6 tablespoons oil, butter or ghee\*  
2 large onions, peeled and thinly sliced  
1 pound (450g) stew meat (lamb, veal, or beef), or boneless, skinless chicken thighs, cut into 2-inch cubes, or 2 pounds/900g chicken legs, cut up  
1 teaspoon sea salt  
¼ teaspoon freshly ground pepper  
½ teaspoon turmeric

½ teaspoon ground cinnamon  
⅓ cup (70g) yellow split peas  
1 tablespoon tomato paste  
3 tablespoons brown sugar or grape molasses  
3 tablespoons apple cider vinegar  
½ teaspoon ground saffron dissolved in 2 tablespoons rose water  
5 tart cooking apples

1. In a Dutch oven, heat 3 tablespoons oil over medium heat and brown the onions and meat. Sprinkle with salt, pepper, turmeric, and cinnamon, and sauté for 1 minute.
2. Pour in water—3 cups/720ml for meat and 2 cups/480ml for chicken. Cover and simmer over low heat for 1¼ hours for meat or 30 minutes for chicken.
3. Add yellow split peas, tomato paste, sugar, vinegar, and saffron-rose water. Cover and simmer for 30 minutes longer.
4. Core and peel the apples and cut into wedges. In a wide skillet, heat 3 tablespoons oil over medium heat, and sauté the apples for 10 to 15 minutes, shaking skillet back and forth until golden brown.
5. Preheat oven to 350°F (180°C). Transfer the *khoresh* to a deep casserole and arrange the apples on the top. Cover and place in the oven. Cook for 45 minutes longer.
6. Taste the *khoresh* and correct seasoning. Add either more sugar or vinegar if necessary. The *khoresh* should be sweet and sour.
7. Serve from the same dish with *chelow* (saffron-flavored steamed rice), green salad, and a platter of fresh herbs on the side. *Nush-e Jan!*

### VARIATION

**Apple Khoresh with Sour Cherries (*Khoresh-e sib ba albalu*)**—In step 2, reduce water to 2 cups/480ml for meat or 1½ cups/360ml for chicken. Eliminate the split peas from step 3. Add 1 cup/150g pitted, dried tart (sour) cherries or 2 cups/350g fresh, pitted tart (sour) cherries with the apples in step 6.