

Ghormeh Sabzi



The most lauded of Iran's *khoreshs* (vegetable and fruit-heavy stews served over rice), ghormeh sabzi consists of a mix of herbs that are fried before being cooked slow and low with chunks of lamb or beef, kidney beans, and dried limes, which lend an earthy pungency to the herby flavor of the dish. "Sabzi" is the Persian word for greens or herbs, and this is one of many dishes that highlight the Iranian obsession with sabzi.

