

## ***Khoresh-e hulu***

(Persian Peach Stew)

For centuries it was thought peaches came from Persia, because the Latin word for peach means “Persian apple.” However, it is now fairly certain peaches originated in China and were imported to Persia early on. This dish should be served with *chelow ba polow paz* (saffron steamed Basmati rice).

### **Ingredients**

1 lb. boneless chicken, duck, beef, veal, **or** lamb meat  
2 small onions  
5 firm peaches **or** 2 cups dried peaches  
1/2 cup lime juice  
1/2 cup white granulated sugar  
4 Tbs. butter **or** sesame oil  
1 Tbs. chopped, fresh parsley  
1 tsp. *advieh* ( see the recipe of the month for August)  
1/4 tsp. saffron threads  
1 Tbs. hot water  
1 tsp. salt  
1/4 tsp. fresh ground black pepper

**or**

### **Utensils**

knife and cutting board  
measuring cup  
measuring spoons  
lemon reamer  
small bowl  
teakettle  
frying pan  
spatula  
medium cookpot with lid  
wooden spoon  
small mixing bowl  
casserole dish with lid

1 1/2 cups water

oven-safe serving dish with lid

Peel and thinly slice the onions. Cut the meat into thin strips. Juice the limes. Chop the parsley. Boil water in the teakettle on the stove over high heat. Place the saffron threads in a small bowl and add 1 Tbs. hot water. Make the *advieh* (see the recipe of the month for August 2015). Place the lime juice, saffron water, and sugar in a small mixing bowl and mix well. Thoroughly wash the peaches to remove the fuzz. Remove the pits from the peaches and cut them into 1/2-inch wedges. If using dried peaches, cut them into wedges. The dish can be prepared up to this point in advance. Heat 2 Tbs. butter or oil in the cookpot on the stove over medium heat. Add the onions and stir-fry 5 minutes or until they are translucent. Add the meat and cook an additional 20 minutes. Stir occasionally to ensure the meat is evenly browned all over. Add the *advieh*, salt, and pepper. Stir well and add 1 1/2 cups water. Bring to a boil and cover the cookpot with a lid. Reduce the heat to low and simmer 30 minutes. Stir occasionally. Toward the end of the cooking time for the meat, heat 2 Tbs. oil in the frying pan on the stove over medium heat. Add the peaches and carefully sauté them for 1 minute. Add the peaches to the meat in the cookpot. Add the lime mixture to the meat and stir well. Cover the cookpot with a lid and simmer an additional 10 to 15 minutes over low heat. Make sure the meat is thoroughly cooked and the peaches are tender. Adjust the seasoning for the sauce. It should have a sweet and sour flavor. Transfer the stew to the casserole dish or serving dish. Cover with a lid and place it in the oven to keep warm until ready to serve. Before serving, sprinkle with the parsley and serve hot.