

Abgushte miveh
(Dried Fruit Soup)

This mix of dried fruit and rich meat make this soup a complex blend of flavors typical of Persian cooking.

Ingredients

1 lb. lean lamb **or** beef stew meat

1 lb. lamb **or** beef soup bones

1 large onion

1 cup dried, pitted prunes

1/2 cup dried apricot halves

1/2 cup chopped, dried peaches

2 Tbs. butter

1/3 to 1/2 cup brown granulated sugar

7 cups water

1 tsp. to 2 Tbs. lime juice

1 to 2 tsp. turmeric

salt

fresh ground black pepper

Utensils

knife and cutting board

measuring cup

measuring spoons

lemon reamer

soup pot with lid

frying pan

spatula

spoon

slotted spoon

ladle

serving tureen

serving bowls

This dish is seasoned to taste. Do not soak the dried fruit, or it will disintegrate in the soup. Peel and finely chop the onion. Juice the lime. Chop the dried peaches. Cut the meat into small cubes. Place the meat, bones, and water in the soup pot. Slowly bring the soup to a boil on the stove over medium heat. Skim any scum that rises. Add salt and pepper and cover the soup pot with the lid. Reduce the heat to low and gently simmer 1 1/2 hours or until the meat is tender. Using a slotted spoon, remove the bones from the soup and discard them. Melt the butter in the frying pan on the stove over medium high heat and add the onions. Sauté the onions until they are transparent. Add the turmeric and continue cooking until the onions are lightly browned. Add the onions and the dried fruit to the soup. Cover the soup pot with the lid and simmer on low heat 30 minutes. Add the sugar and lime juice. The soup should have a sweet and sour flavor. Serve hot. The soup can be made in advance of the meal and carefully reheated, but it won't be as good.