

Iranian Food Recipes: Celery Stew with Rice

Written by Supervisor

Tuesday, 14 November 2017 13:20 - Last Updated Tuesday, 01 May 2018 11:05

The stew is served with rice and takes a relatively long time to be prepared.



Chop the onion and sauté until translucent and then add turmeric. Add the chopped meat and sauté on low heat until they turn brown a little. If the heat is too high the meat will not be tender.

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Now add 2 to 3 cups of boiling water to the mixture to cook.

Fry the vegetables, but be careful not to fry too much because it gets bitter. Now sauté the celery a little. It should be kept in mind that it must be done with low temperature so that the celery would not become stiff.

After 1 to 1.5 hours when the meat is rather cooked, you must add vegetables and celery to it, and give both meat and celery enough time to cook well.

After one hour, meat and celery are probably cooked. Of course, at this stage, taste the celery, if it is not tender, you must wait more.

When the celery is cooked, add salt, pepper, verjuice, and if you like, a few dried plums.

Now the stew is ready to serve.

- Use thin, young celery stalks to cook well and soften.
- The vegetables must be fried well, but it's better to taste it every now and then not to become bitter.
- The more sautéed onion you add, the tastier your stew will be.
- If you use lamb, you can add vegetables and celery immediately after pouring water since the lamb become tender soon. But if you use veal, be sure to cook it one hour and then add the rest of the ingredients.
- The more time you give to the stew to cook on a medium heat, the more delicious food you get at the end.
- Add the verjuice slowly and taste it so that your stew does not get too sour.
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Plating the Persian Dish: Celery Stew with Rice. The Celery Stew is a traditional Iranian dish that is served with rice. The stew is made with celery, meat, and various spices. It is a hearty and flavorful dish that is often served as a main course. The rice is typically white and is topped with a layer of saffron-infused rice. The dish is served on a large metal tray, which is a traditional way of serving Persian food. The tray is decorated with a colorful pattern, and the food is arranged in a visually appealing manner. The Celery Stew is a popular dish in Iran and is often served at family gatherings and special occasions.

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