IRANIAN

Short Ribs with Quince (Khoresh Beh)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**5**	**30 min**	**3 hr**	**Braise**	**Braising ribs**

Ingredients

- 1.2 kg (2⅔ lb) beef braising ribs, in 5 cm (2 in) pieces
- 2 large quinces (about 700 g / 1½ lb)
- 2 onions, finely sliced
- 3 tbsp neutral oil or ghee, divided
- 1 tsp turmeric
- 1 tsp ground cinnamon
- 1½ tsp salt, plus more to taste
- ½ tsp black pepper
- 1 pinch saffron, ground and steeped in 3 tbsp hot water
- 2 tbsp tomato paste
- 600 ml (2½ cups) hot water
- 2 tbsp sugar
- 2 tbsp lime juice (or to taste)
- Steamed basmati rice, to serve

Steps

1. Heat 2 tbsp oil in a heavy pot over medium heat. Cook the onions for 12 minutes, stirring, until golden.
2. Stir in the turmeric, then add the ribs, salt and pepper. Raise the heat to medium-high and sear the ribs for 8 minutes, turning, until browned in places.
3. Stir in the tomato paste, cinnamon and half the saffron water. Add the hot water, bring to a boil, then cover and braise on low heat for 1 hour 45 minutes.
4. While the ribs cook, peel and core the quinces and cut into thick wedges. Heat the remaining oil in a skillet over medium heat and fry the wedges for 8 minutes, turning, until golden on the edges.
5. Add the quince and sugar to the pot, nudging them down into the sauce. Cover and cook 45 minutes more, until the quince is tender and rosy and the meat is falling off the bone.
6. Stir in the lime juice and the remaining saffron water. Taste, adding more salt, sugar or lime until sweet-sour and balanced.
7. Serve with rice and the sauce spooned over.

Notes

- **No quince?** Use firm, tart apples or pears, adding them for the last 25 minutes.
- **Lamb version:** lamb shanks or shoulder are the traditional alternative, with the same timings.
- **Make ahead:** the dish improves after a night in the fridge.
- **Slow cooker:** sear, then cook on low 7 hr or high 4 hr with 400 ml (1¾ cups) water, adding the fried quince for the last 1½ hr (low) or 1 hr (high).
- **Pair with:** a plate of fresh herbs, radishes and feta, as Persian tables often have.