



## ḲOREŠ

**ḲOREŠ** (or ḲOREŠT), name of a type of dish very frequently used in Persian cuisine. It consists of pieces of meat, fried with chopped onion in cleared butter (*rowḡan*), butter or vegetable oil, some herbs or vegetables which are first sautéed and then added to the meat; other ingredients may consist of legumes and dried fruits. Besides salt and pepper, other spices such as turmeric and saffron are added. The outcome is somewhat like a stew with vegetables, but with less liquid. The meat traditionally is that of lamb, but it could be veal, beef, chicken, turkey or some other fowl. In the Persian Gulf regions, fish is used instead of the above meats. In some local varieties, eggs are used instead of meat.

*Ḳoreš* is generally eaten together with cooked white rice in the form of either *čelow* (see BERENJ), i.e., steamed rice, the cooking of which involves rinsing of the rice after it has been boiled and half cooked, or *kata* (q.v.), i.e., cooked rice without rinsing. Normally, one spreads spoonfuls of *ḳoreš* over a serving of *čelow* or else puts it on the side of a serving of *čelow*. One eats the *ḳoreš* and *chelow* by taking a portion of each with a spoon. The taste derives essentially from the *ḳoreš*. Other words used for *ḳoreš* are *qāteq/qātoq* (Turkish) and *qalya/qelya* (mostly in older writings).

In *Kār-nāma dar bāb-e ṭabbāki va šefāt-e ān* (A manual of cooking and its characteristics) by Ḥājj Moḥammad ‘Ali Bāvarči Baḡdādi, the first of two cooking manuals from the Safavid period edited and published by Iraj Afšar under the title of *Āšpazi-e dawra-ye šafawi* (Cooking in the Safavid period), thirteen varieties of *ḳoreš* are mentioned under *qalya* (pp. 143-58). Nur-Allāh,



the chef of Shah 'Abbās the Great, and the author of the second manual, *Mādat al-ḥayāt* (The substance of life), lists twelve sour *qalyas* and seven plain *qalyas* (pp. 231-34).

Modern authors list different varieties of *ḵoreš*. Rišār (Richard) Khan Mo'addeb-al-Molk, in his book *Āšpazi-e Irāni va farangi* (Persian and European cooking) lists ten *ḵoreš* (pp. 72-75), whereas Rozā Montażami, in her *Honar-e āšpazi* (The art of cooking) lists 32 varieties of *ḵoreš* (pp. 809-40).

The chief *ḵorešes* prepared nowadays are *ḵoreš-e qeyma*, *ḵoreš-e qorma-sabzi*, *ḵoreš-e fesenjān*, *ḵoreš-e na'nā-ja'fari*, *ḵoreš-e ālu-esfenāj*, *ḵoreš-e bādenjān*, *ḵoreš-e kadu*, *ḵoreš-e qeyma-bādenjān*, *ḵoreš-e beh*, and *ḵoreš-e āluča*, in addition to local *ḵorešes* used in some provinces, particularly Gilan.

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