



BEH III. CULINARY USES OF THE FRUIT

iii. Uses of the Fruit in Cooking

The best-known use of quince in Persian cooking is in *k^vorešt-e beh*, in which chunks of lamb are stewed with slices or cubes of tart quince, and yellow split peas; this dish is always served with rice. Quince is reportedly also used in a variety of *k^vorešt-e fesenjān* (Āšpazbāši, pp. 20-21). Another way in which quince is used in Persian cuisine is in *āb-gūšt-e beh*, a thick soup in which cubes or slices of quince are combined with lamb shanks, various dried legumes, tomatoes, onions, and seasonings. Served with bread, this soup makes a complete meal.

Quince is also used to make *toršī-e beh*, pickled quince, as well as *šarbat-e beh-līmū*, a tartish sweet syrup in which lemon juice, sugar, water, and quince syrup are combined. Mixed with water and ice, this syrup makes a refreshing, cool drink; such drinks are normally served to visitors during hot weather.

A delicious, thick preserve made with quince is called *morabbā-ye beh*. The fruit's tart flavor combines well with the sugar and water in which it is cooked; quince jam is traditionally served for breakfast but also as a side dish and snack. The early 10th/16th-century chef Bāvaṛčī (pp. 42-43) mentions a sweet bread (*komāj-e beh*) made with quince, flour, ghee, milk, almond paste, pistachio paste, and rose water.



BIBLIOGRAPHY

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Mīrzā ‘Alī-Akbar Khan Āšpazbāšī, *Sofra-ye aṭ‘ema*, Tehran, 1353 Š./1974, pp. 4, 20, 22.

N. Ramazani, *Persian Cooking*, Charlottesville, 1982, pp. 14, 146-47, 252-53, 269.

Recipes for stuffed quince are given by C. Roden, *A Book of Middle Eastern Food*, New York, 1982, p. 112, and by M. R. Ghanoonparvar, *Persian Cuisine I*, Lexington, Kentucky, 1992, p. 112; for quince soup, *āb-gūšt-e beh*, see idem, II, p. 134; and for baked eggs on a bed of quince, *šešandāz-e beh*, *ibid.*, p. 154.