



BOZBĀŠ

BOZBĀŠ, Azeri Turkish name for an Iranian dish usually called *ābgūšt-e sabzī* (green vegetable stew; Ghanoonparvar, pp. 102-03; see *ābguvšt*); it is made with meat (usually lamb), red or white beans, green vegetables, herbs (e.g., parsley, fenugreek, mint), onions and leeks, dried limes (*līmū-ye 'omānī*), and spices (mainly salt, pepper, and turmeric). These ingredients are simmered together in water over low heat for several hours. As with most *ābgūšts*, when the ingredients are thoroughly cooked, the solids are usually removed and mashed to a pulp, known as *gūšt-e kūbīda*. The broth and the pulp are then served separately with flat bread and a pickled green-vegetable relish.

It has been suggested that the name is derived from Azeri Turkish *boz* (light gray) and *bāš* (head) and perhaps refers to the light gray color of the dish when it is cooked (Kadri, p. 768), but no scientific etymology has been offered by Doerfer (IV, p. 271). *Bozbāš* appears to have been introduced into Iranian cuisine relatively late; Mīrzā 'Alī-Akbar Khan Āšpazbāšī (p. 45), chef at the court of Nāṣer-al-Dīn Shah Qājār (r. 1264-1313/1848-96) was the first to mention it; he classified it with the *yaḡnī* (meat stews and soups, often eaten cold).



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