



DILL

DILL (*ševēd*, *ševīd*, *šebet*, etc.), *Anethum graveolens* L. (fam. Umbellifera), an herb widely cultivated in Persia. The main use of its feathery leaves is as the sole herb in all dishes in which the main ingredient is fava beans (*bāqelā*), for example, *bāqelā polow* (pilau with fava beans), *kūfta-ye ševēd-bāqelā* (meatballs with dill and fava beans), *ḵoreš-e bāqelā* (a stew with chunks of meat, as well as dill and fava beans) and its well-known Gīlānī variant *bāqlā qātoq*, but also in *ševēd polow* (a plain pilau sometimes served as a dietary dish, e.g., for patients with diarrhea), and in gherkin pickles. It is also one of the herbs in *sabzī polow* (a rice dish with green herbs; for recipes, see Ramazani, pp. 112-13, 121-22, 192, 263-64; Montażemī, p. 597; Ḵavār, pp. 38-40).

Dill seeds, to which properties similar to those of fennel (*rāzīāna*) seeds were ascribed in Galenic medicine, are still sometimes used as a diuretic (cf. Schlimmer, pp. 40-41), stomachic, carminative, etc. (for a full inventory of the medicinal virtues and uses of dill, see 'Aqīlī, s.v. *šebatt*, pp. 541-42).

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