

Ash-e Reshteh (Noodle Soup)

Mitra is from Iran and has been volunteering at The Well for three years. Persian food uses a lot of herbs, is slow cooked and bursting with flavour. Ash-e Reshteh is a very popular soup in many parts of Iran. Traditionally Ash-e Reshteh is made with Kashk, but sour cream can be substituted instead.

2 large onions finely chopped.

oil

100 g each dried split peas and kidney beans

100g lentils

2 teaspoons turmeric

3 tablespoons dried mint

2 cups fresh herbs finely chopped. (equal proportions of coriander, flat-leaf parsley, chives, and spinach)

4 tablespoons sour cream

200g fine noodles

1 tablespoon flour

3 garlic cloves - peeled and finely chopped.

1. Fry the onions until golden. Add the turmeric and stir once. Set aside 1/2 the onions for garnish.
2. Crumble 1tbsp of dried mint to a fine powder and add to the onions, once you can smell the mint, add 1 lit of hot water.
3. Add the pulses and bring to the boil - boiling for 10 mins. Reduce the heat and simmer for 1&1/2 hours. (Adding more water as necessary)
4. Add another lit of water & bring to the boil. Add the chopped herbs.
5. Reduce the heat, cover and simmer for 30 mins
6. Slowly add the noodles, stirring carefully.
7. Dissolve flour in 125 ml of cold water and gently stir into the soup.
8. Cover and simmer for 30 mins - should be thick, but add more water as necessary.
9. Garnish: Saute the finely chopped garlic until golden in a little oil. Set aside. Heat some more oil, and when hot saute the remaining mint.
10. To serve, spoon some sour cream and sprinkle some of the mint and garlic.

Noushe Jan!