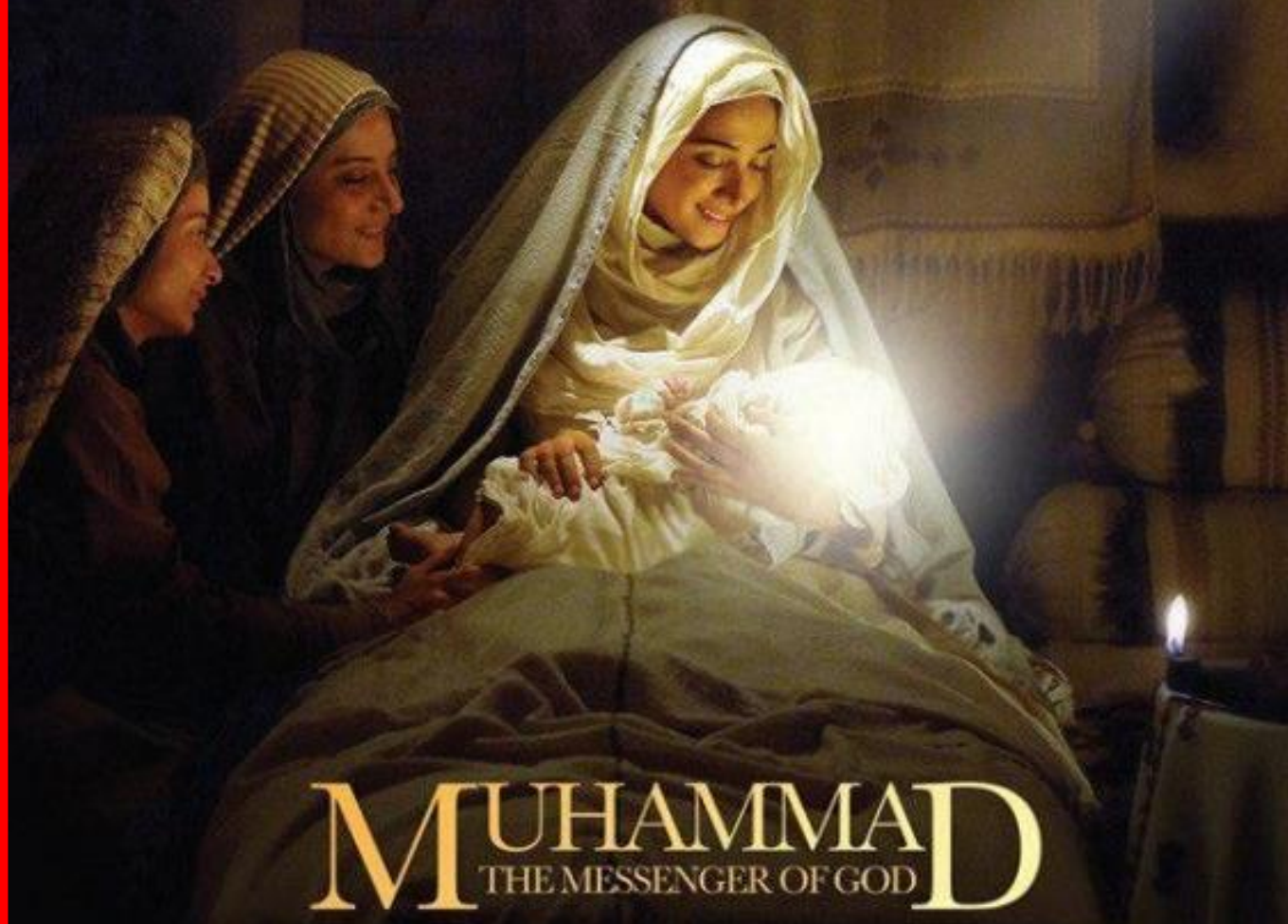




Islamic Republic of Iran
Ministry of Foreign Affairs
Center for Public Diplomacy

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MFA DIGEST



MUHAMMAD
THE MESSENGER OF GOD

Birth Commemoration of Prophet Muhammad (PBUH)



MFA News



Iran's FM in Telephone Talks

FM Araghchi, held telephone conversations with his counterparts from the following countries:

Greece, Austria, Turkey, Iraq, Mauritania, Oman, Egypt, Commander of the Pakistani Army(2),



Foreign Minister Seyyed Abbas Araqchi's presence and speech at the 39th meeting of heads of education across the country



Meeting of Uzbek Deputy Foreign Minister Bahramjan Alayev with Foreign Minister Seyyed Abbas Araqchi



Ceremony honoring the efforts of foreign policy journalists with the presence of the Minister of Foreign Affairs; Narrative of 40 days of diplomacy in war with the unveiling of the book "Those Forty Days...."



Video report of the ceremony honoring the families of the Ministry of Foreign Affairs martyrs, with the presence of the Minister of Foreign Affairs





Science & Tech



Iran wins 3 medals at global computer Olympiad



Iran's national computer science team has concluded its performance at the 38th International Olympiad in Informatics (IOI 2026) in Tashkent, Uzbekistan, securing two silver medals, one bronze medal, and an honorable mention. The prestigious international competition, hosted in Tashkent from August 9 to 16, featured 386 registered high school students representing top computer science talent from over 97 countries.

Iran's renewable energy gains momentum after fourfold surge

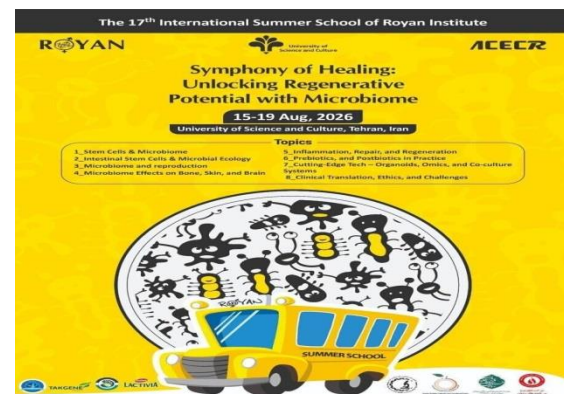


For years, Iran's renewable energy debate focused less on operating plants and

electricity generation than on its vast potential, namely abundant sunlight, strong wind corridors, land and economic opportunity.

That picture is now changing, and the change is becoming visible in the physical accumulation of generating assets across the country and the increasingly sophisticated investment ecosystem forming around them. This month, Iran's renewable power capacity passed 5,800 megawatts.

Royan hosting intl. event on role of micro biome in regenerative medicine



The Royan Institute is playing host to the 17th International Summer School in Tehran to examine the growing role of the micro biome in regenerative medicine.

Bringing together researchers, physicians, faculty members and students, the event opened on August 15 and will come to an end on 19.

Iran's space ind. remains operational despite wartime damage



Iran's space industry has pressed ahead in spite of damage incurred to some facilities during the recent US-Israeli war, with satellite communications and remote-sensing services continuing.

Iran's distributed space infrastructure and domestic expertise have helped the sector remain resilient. Satellite communications also support critical facilities and provide connectivity to remote areas where terrestrial infrastructure is difficult to establish.

Iran ranks first in key scientific output among Islamic countries



Iran ranks first among Islamic nations in key fields of scientific output such as quantum science, cognitive sciences, artificial intelligence, biotechnology, and advanced materials, the head of the Presidential Affairs Office at the Islamic World Science Citation Center (ISC) has announced. The country is in close competition with Turkey and Saudi Arabia in these fields.

Iranian researchers propose new strategy to reduce natural uranium consumption



Researchers at Iran's Nuclear Science and Technology Research Institute have proposed three different strategies for re-enriching depleted uranium (DU), an approach that could significantly reduce the consumption of natural uranium in nuclear power plants. The study, published in the journal *Annals of Nuclear Energy*, focuses on the reuse of depleted uranium as a strategic secondary resource.

Iran to rebuild defence industry based on war lessons



Iran's defense ministry said in a statement marking National Defense Industry Day it would continuously modernize and rebuild the country's defense industry based on the lessons of the recent wars, treating the conflict as a field of learning rather than a stopping point.

Trade & Economy

Tehran, Islamabad emphasize development of economic, energy cooperation



Iranian Oil Minister Mohsen Paknejad met with Syed Mohsin Raza Naqvi, Pakistan's Minister of the Interior, at the headquarters of the Oil Ministry to discuss the development of bilateral cooperation in the energy sector and the expansion of commercial and economic relations, Shana reported.

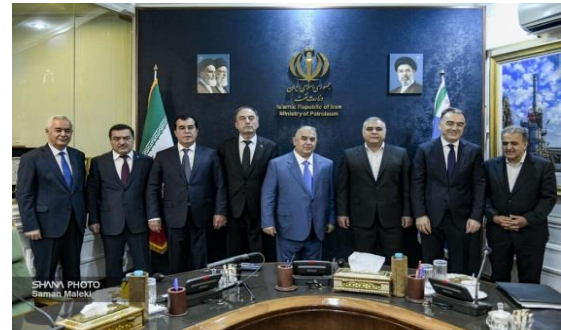
Iran to join BRICS development bank in near future



Iran will soon join the BRICS New Development Bank, Central Bank Governor Abdolnasser Hemmati said, calling the bank the most important achievement of the bloc's cooperation.

Speaking during the BRICS summit in India, Hemmati praised India's presidency of the group and said good cooperation had begun between Iran and India in monetary, banking and digital economy fields.

Iran, Tajikistan agree on mechanism for oil product exports, crude supply



Iran and Tajikistan have taken a significant step toward deepening their energy partnership, with both sides agreeing to establish a working group to examine mechanisms for exporting Iran's surplus oil products and supplying crude oil needed by Tajikistan's refineries.

Iran's monthly oil production up 26,000 bpd: OPEC



The latest report from the OPEC Secretariat, citing secondary sources, indicates that Iran's oil production in July

2026 reached 2,478,000 barrels per day, marking an increase of 26,000 barrels compared to June. Iran had produced 2,451,000 barrels per day in June.

ICCIMA head announces improvement in economic activities after war shock



The head of Iran's Chamber of Commerce stated that Iran's economy, following the shock caused by the war, has moved past the stage of severe decline and the trend of economic activities is once again resuming. He described this trend as a hopeful sign of the efforts and dedication of the private sector and business owners.

Iran urges agricultural cooperation among EAEU member states



At the seventh meeting of the Agricultural Policy Council of the Eurasian Economic Union held in Almaty, Kazakhstan, Iran's

Deputy Minister of Agriculture emphasized the development of agricultural cooperation, expansion of agricultural trade, and utilization of the capacities of the member states of the Eurasian Economic Union.

Tehran, Baghdad discuss ways to expand economic relations



Central Bank of Iran (CBI) Governor Abdolnasser Hemmati and Iraqi Trade Minister Mustafa Nazar Alani explored avenues for facilitating trade and economic relations and removing obstacles hindering trade between the two states. The two sides highlighted the extensive potential for expanding economic relations and increasing banking interactions.

Iran's race to develop giant Azadegan oil field



Azadegan oil field has become a test of Iran's engineering, financial and technological capabilities and its ability to execute a major oil project under intense external pressure. Today, integrated development plan, aimed at raising production from around 205,000 barrels per day to 550,000 barrels per day, has become one of Iran's most important energy projects.

From south to north: How Iran is redefining trade routes in crisis times



Iran has demonstrated that its foreign trade is far from vulnerable. By rapidly developing northern ports and expanding railway infrastructure, the country is successfully diversifying its trade routes and ensuring the continued flow of essential goods. Loading and unloading operations at Iran's northern ports have increased significantly, rising from 18 percent to 30 percent in the current Iranian calendar year.

Iran, Tajikistan move to build biggest Persian economic bloc yet



Tehran on Aug. hosted one of Tajikistan's most serious economic delegations ever.

The composition of the delegation suggested that Dushanbe is seeking to redefine its economic relationship with Tehran by placing energy, transportation, logistics, investment and trade on the same negotiating table.

Tehran strongly slams US economic warfare against Iran



Iranian Foreign Ministry Spokesman Esmail Baghaei has strongly lashed out at the new US sanctions targeting the country, saying that such secondary sanctions find no foundation in international law.

Qalibaf calls for trade in national currencies



Iran's parliament speaker said that Iran and Iraq need a precise economic and trade road map, and called for bilateral trade to be settled in national currencies to challenge U.S. dollar dominance.



Iran Sports

Iran U17 women's football team set for CAFA 2026



Iran's U17 women's football team will compete in the 2026 CAFA U17 Women's Championship, scheduled to take place in Tashkent, Uzbekistan, from Sept. 13 to 20. The tournament will feature Iran, Kyrgyzstan, Tajikistan, and Uzbekistan. As part of their preparations, Iran will face a team from Tehran in a friendly match on Saturday.

Iran finishes runner-up in Asian Youth Weightlifting C'ships



Both the Iranian girls' and boys' youth weightlifting teams finished as runners-up at the conclusion of the Asian Youth Weightlifting Championships in Tashkent, Uzbekistan.

The Iranian girls' team claimed the Asian runner-up title with 534 points. Kazakhstan captured the team championship with 551 points, while host nation Uzbekistan took third place with 514 points. Overall, the Iranian girls concluded their tournament with a total of six gold, three silver, and three bronze medals. The boys' squad finished the tournament with an impressive haul of nine gold, four silver, and two bronze medals.

Pezeshkian hails Iran girls' historic weightlifting feat



President Masoud Pezeshkian praised Iran's young female weightlifters after they secured the country's first runner-up finish at an Asian championship, calling it a valuable milestone for the sport.

In a post on his personal social media page, Pezeshkian said Iran's girls "recorded a valuable first" by finishing as Asia's second-best team, a result reflected years of growing achievement by Iranian women across different fields. Our effort is to ease the path of progress for this talented, promising generation that brings us pride.

Gold rush in Tashkent: Iranian lifters dominate Asian Youth & Junior Weightlifting Championships



Iranian men's and women's weightlifting teams delivered one of the country's strongest performances in the history of Asian age-group competition at the 2026 Asian Youth & Junior Weightlifting Championships, returning home with a haul of gold medals.

Combined, Iran's boys and girls won 15 gold medals, more than any other competing nation at the championships, and topped the overall medal table with 15 gold, seven silver and five bronze.

Tough task ahead of Iran in 2026 Asian Para Games: Kargari



Iran's National Paralympic Committee (NPC) President Ghafour Kargari has outlined the country's plans for the upcoming 2026 Asian Para Games in

Nagoya, Japan, saying Iran will face a significantly tougher challenge in its bid to defend its runner-up finish.

Kargari said the fifth edition of the Asian Para Games will feature 18 sports and athletes from 44 countries, with competition beginning on Oct. 26.

Bam Khatoon ready for another Asian challenge



Iranian women's football champions Bam Khatoon are ready for another demanding campaign on the Asian stage as they return to the AFC Women's Champions League, determined to build on their growing reputation as one of Iran's leading clubs.

Iran to play friendly match against Uzbekistan in Tashkent



Iran national football team plan to play Uzbekistan in a friendly match as part of the preparation for the 2027 Asian Cup in

Saudi Arabia. The match has been scheduled for Sept. 24 in Tashkent, Uzbekistan.

Iran basketball head to Manila for FIBA World Cup qualifiers



Iran's national basketball team have traveled to Manila, to take part in the fourth window of the 2027 FIBA Basketball World Cup qualifiers.

The Iranian squad will play two important games during this stage of the competition with New Zealand and Philippines on 28 and 30 Aug.

The national team will travel directly from the Philippines to Japan to participate in the 2026 Asian Games in Nagoya, which will be held from Sept. 10 to 20.

Iran wins two golds at U20 World Wrestling Championships

Iran won two gold medals at the 2026 U20 World Wrestling Championships in Bratislava, with Sina Khalili and Abolfazl Mohammad Nezhad claiming titles in the 70kg and 125kg freestyle categories.



The Iranian team finished fourth in the men's freestyle standings with 103 points, collecting two gold, one silver and one bronze medal at the championships in Slovakia.

Iran rout Chinese Taipei at 2026 FIVB U17 World Championship



Iran defeated Chinese Taipei 3-0 (25-15, 25-21, 25-17) at the 2026 FIVB Volleyball Boys' U17 World Championship in Doha, Qatar on Sunday.

Iran have traditionally enjoyed considerable success in age-group volleyball, making their participation in the U17 World Championship particularly significant. The inaugural edition in 2024 was won by Italy, who defeated Argentina in the final, while Iran will now aim to challenge the strongest teams and secure a place in the medal rounds.

Iranian Red Crescent Society offers

94, after a period of illness and health



health services in Ghana



A one-day medical camp has been organized by the Iranian Red Crescent Society's health center in Ghana aimed to provide free medical services to flood victims and the needy, benefiting 547 individuals.

The services provided included general practitioner consultations, medication distribution, pharmacy services, mobile laboratory testing, and counseling on midwifery and hygiene.

Music fans bid farewell to traditional singer Iraj



Hossein Khajeh-Amiri, the renowned singer of Iranian music known as Iraj, passed away on Wednesday, at the age of

problems.

With several decades of activity in the field of Iranian music and singing, he was one of the most recognized figures in Iran's music scene.

Iranian public libraries host "Toward Minab" reading club for children, teenagers



Organized by the Public Libraries Foundation of Iran, the nationwide cultural program is being held under the theme "A Glimpse into the History of US Crimes," with the aim of familiarizing children and teenagers with historical events and the human consequences of war, violence and attacks against civilians.

The activities are being organized through the country's public library network as part of efforts to promote reading, historical awareness and cultural engagement among children and teenagers.

Database unveiled to document Minab war crime, commemorate victims



A comprehensive database of information, documents, and narratives has been unveiled on the 168th day since the US-Israeli war crime at Minab School to systematically document the various dimensions of the tragedy and preserve the memory of its innocent victims.

To further expand and enrich its archive, the Minab Comprehensive Database is inviting members of the public and media professionals to submit any relevant documents, photographs, accounts, and other information in their possession for review and potential publication. Materials can be submitted through minabmemory.com.

Iran calls for setting up Persian-speaking communities: VP



Iran's First Vice President Mohammad Reza Aref has proposed establishing a "Union of Persian-Speaking Countries and Regions" to strengthen cultural and

civilizational cooperation among Persian-speaking communities.

Aref made the proposal during a meeting with Tajik Minister of Energy and Water Resources Dalir Jum'a, stressing that Iran and Tajikistan's shared cultural, civilizational and linguistic heritage provides a strong foundation for expanding bilateral relations.

Ayatollah Seyyed Mojtaba Khamenei's book on the new world order unveiled in Baghdad



The Arabic edition of 'The Dawn of a New World Order', authored by Leader of the Islamic Revolution Ayatollah Seyyed Mojtaba Khamenei, was unveiled at the Intisar Hall in Baghdad in the presence of Iraqi cultural and political figures and representatives of the Islamic Republic of Iran.



The book examines various aspects of the history of the Islamic Republic, Velayat-e

Faqih (Guardianship of the Islamic Jurist), the conditions and requirements of leadership, the Assembly of Experts, and political and social issues in Iran.

Six Iranian universities in Shanghai ranking 2026



Shanghai University ranking 2026 has placed six Iranian universities among the top 1,000 institutions worldwide, unchanged compared to the past year.

Tehran University of Medical Sciences and the University of Tehran, with a global ranking of 501-600, are jointly placed first in the country, IRNA reported.

Amirkabir University of Technology, Shahid Beheshti University of Medical Sciences, Sharif University of Technology, and Tarbiat Modares University rank third to sixth, respectively.

Genetic map for endangered species being developed



The Department of Environment (DOE) is developing a genetic map of endangered wildlife species to increase their chance of survival, create a breeding plan, manage their population, and address the risks facing them in their natural habitats.

According to the latest report by the International Union for Conservation of Nature (IUCN) Red List, about 154 vertebrate animal species, and around 25 percent of plant species in the country are at risk of extinction, with 117 species being classified as critically endangered in the national list. Persian zebra, Asiatic cheetah, black bear, great bustard, and yellow deer are among animals that are in danger of extinction.

DOE proposes BRICS environmental network to address ecological damage



Shina Ansari, the head of the Department of Environment, Speaking at the 12th BRICS Environment Ministers' Meeting in New Delhi, has called for closer environmental cooperation among BRICS member states, describing their combined capacities in natural resources, biodiversity, coastal and marine ecosystems, and other environmentally valuable areas as a "historic opportunity" to address the growing global environmental crisis.

Iranian, Indonesian universities ink MOU to boost scientific ties



Sharif University of Technology and Institut Teknologi Bandung of Indonesia have signed a memorandum of understanding (MOU) to deepen scientific, research, and educational cooperation, exchange professors, researchers, and students, and implement collaborative research projects.

Iran-Malaysia relations advance through higher education cooperation



Muhammad Hamizam Kamaruzaman, the chargé d'affaires of the Malaysian Embassy in Tehran, met Abbas Qanbari Baghestan, the deputy head of the Students Affairs Organization of the Iranian Ministry of Science, Research and Technology, to explore ways to promote higher education cooperation to further advance bilateral relations. Amiruddin Zaidi, the third secretary of the embassy, was also present in the meeting.

15th International 100-Second Film Festival to organize specialized workshops in 9 countries



The 15th edition of the International 100-Second Film Festival will organize a series of specialized international workshops across nine countries, aimed at advancing media literacy, filmmaking, and explaining new narratives. This Festival is scheduled to take place in Tehran in September.

Iranian photographers win awards at 2nd Zyne International Photography Awards



Several Iranians are among the winners of various categories of the second Zyne International Photography Awards (ZIPA) in India. ZIPA 2026 received more than 10,000 submissions from 65 countries, even before completing its first anniversary. Amin Roshan Afshar was named the photographer of the year and also won the gold award in the Conceptual category.

Asghar Farhadi receives Honorary Heart of Sarajevo



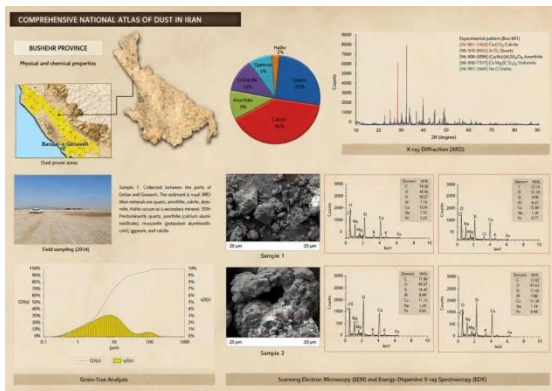
Acclaimed Iranian filmmaker Asghar Farhadi has received the Honorary Heart of Sarajevo at the 32nd Sarajevo Film Festival in recognition of his outstanding contribution to the art of cinema. The 32nd Sarajevo Film Festival was held from August 14 to 21, bringing together filmmakers and cinema professionals from around the world.

Greenhouse products exports rise 12% thanks to modern technology, water crisis management



Despite sanctions and escalating international tensions, Iran's greenhouse product exports surpassed 770,000 tons in the past agricultural year, recording a 12% growth. This success is attributed to the application of modern technologies, a focus on water and energy efficiency, and targeted planning for developing suitable regions.

University of Tehran rolls out national atlas of dust



The International Desert Research Center at the University of Tehran, in cooperation with the Geological Survey and Mineral Exploration of Iran, has released the country's first comprehensive atlas of dust after more than a decade of research. Dust storms are significant environmental challenges that adversely affect food security, human health.

40-day memorial for martyred leader to be held across Iran, abroad



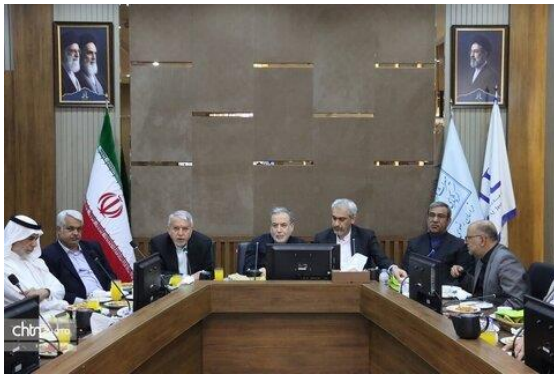
Iran has designated August 20 as the day for the 40-day memorial ceremony for the martyred leader, with events planned across the country and in other nations, coordinated by the Supreme Leader's office. On this occasion special programs held across the country.



Tourism & Nature



Mashhad to get handicrafts township as Iran seeks to expand sector's export potential



Iran plans to establish a dedicated handicrafts township in Mashhad as a pilot project that could eventually be replicated across the country, Minister of Cultural Heritage, Tourism and Handicrafts Seyyed Reza Salehi-Amiri said.

The proposed complex, is intended to provide a structured setting in which artisans, handicrafts practitioners and other sectorial capacities can be brought together and receive the necessary support.

Four Iranian historic water structures selected for global irrigation heritage recognition



Four historic Iranian water and irrigation structures -- Si-o-se-pol in Isfahan, Band-e Amir in Fars, the Shadorvan Grand Weir in Khuzestan and the historic hydraulic structures of Siraf in Bushehr -- have been selected for recognition under the World Heritage Irrigation Structures (WHIS) program of the International Commission on Irrigation and Drainage (ICID).



The selection highlights the historical development of water engineering in Iran. ICID currently lists 202 structures in its WHIS register from countries including Iran, China, India, Japan, Italy and South Africa. Iran already has 12 structures in the register.

Iran has 58 sites on UNESCO tentative list, heritage official says



Iran currently has 58 cultural and natural properties and heritage collections on the UNESCO Tentative List, according to the director general of registration of the Ministry of Cultural Heritage, Tourism and Handicrafts. This Tentative List constitute a strategic reserve for the

Iranian culinary team wins multiple medals at Armenian festival



An Iranian culinary team won several medals at the fifth edition of the Navasard festival in Armenia, highlighting the country's culinary heritage and its potential for international food tourism. The festival was held in the Armenian city of Sisian. Iranian cuisine, usually dominated by fragrant herbs, varies from region to region. It principally accentuates freshness, deliciousness, and colorfulness.

Iran urges BRICS to build resilient and sustainable tourism sector



Speaking at the 2026 BRICS Tourism Ministers' Meeting in India, Reza Salehi-Amiri Iran's Minister of Cultural Heritage, Tourism and Handicrafts has called for a new definition of resilience in tourism, saying the sector should help connect nations, revive hope, support communities and contribute to lasting peace.

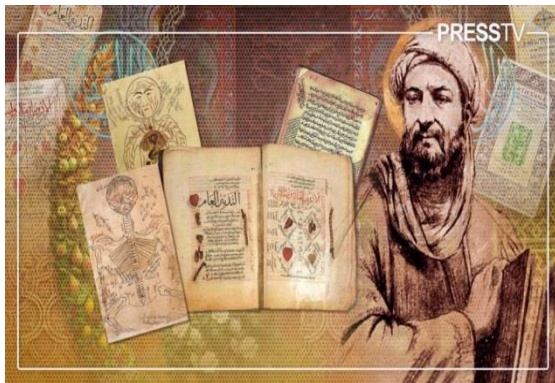
Tehran, New Delhi seek stronger tourism co-op



Iran and India have discussed closer tourism cooperation, stronger air links, private-sector partnerships, joint UNESCO nominations and expanded medical tourism.

Iranian Minister of Cultural Heritage, Tourism and Handicrafts Seyyed Reza Salehi-Amiri held talks with Indian Tourism Minister Gajendra Singh Shekhawat on the sidelines of the third BRICS Tourism Ministers' Meeting in India, focusing on ways to translate the countries' longstanding cultural and civilizational ties into practical tourism cooperation.

Reclaiming ‘Avicenna’: Islamic theology and Eastern wisdom behind Ibn Sina’s philosophy and metaphysics



In Iran, Ibn Sina is remembered not merely as a figure of medieval history, but as one of the country's enduring intellectual icons.

His birthday, commemorated on **August 23**, is observed as **Physicians' Day in Iran**, linking the legendary Persian physician who lived a millennium ago with the doctors who practice his profession today.

Iran attends 11th Istanbul International Arabic Book Fair



The 11th Istanbul International Arabic Book Fair, featuring over 300 publishers from more than 30 countries, including Iran, concluded in Istanbul on Aug 23.

The pavilion of the Islamic Republic of Iran introduced the country's cultural and literary capacities to visitors by showcasing a collection of works in the fields of literature, history, art, and cultural heritage, while providing an opportunity for Arabic-speaking audiences to become familiar with Iran's cultural and literary productions.

Nicaraguan academic center commemorates Minab school martyrs



Over 250 students, professors, and members of the Iran-Nicaragua Parliamentary Friendship Group held a commemoration ceremony for 168 students martyred by the US missile in Minab, Hormozgan province, marking the 168th day of their martyrdom at the National Autonomous University of Nicaragua (UNAN-Managua).

On the sidelines of the ceremony, an exhibition of the martyred students' photos and videos was held. In March, officials in the Nicaraguan city of Corinto designated a street as "Angels of Minab" to honor the memory of the martyred students of the Shajareh Tayyebbeh elementary school.



Persian Cuisine



Ghormeh Sabzi (Persian Herb Stew)

Soul-warming Ghormeh Sabzi is a Persian herb stew loaded with dried limes, fresh herbs, and spinach, simmered in a pot with chunks of tender beef or lamb and red kidney beans. It's perfect served with fluffy basmati rice or tahdig, and it is such a warm and cozy bowl of food!



It is the coziest bowl of greens in a turmeric and dried lime stew with tender chunks of beef and beans. It's slightly tart from the dried Persian limes and lemon juice. The dried limes give the stew the most incredible depth of flavor. The greens are a combination of parsley, garlic chives, fenugreek leaves, cilantro, and baby spinach. And it's absolutely incredible on a bed of fluffy saffron rice. It's better to eat ghormeh sabzi with a bowl of Shirazi salad on the side!



Ingredients for ghormeh sabzi

- **Yellow onions:** You'll want to use chopped yellow onions for this recipe. We'll cook them in the oil until they're golden brown before searing off the stew meat.
- **Olive Oil:** You can use ghee, vegetable oil or any other kind of oil you like to use at home for cooking.
- **Garlic:** You can use as little or as much garlic as you'd like. I usually use around 5 cloves.
- **Spices:** you'll of course need salt, turmeric, and black pepper. Though it's not a spice, you'll also need a bouillon cube. The bouillon is optional, but it does amp up the flavor of the stock that the meat simmers in. I usually use chicken bouillon, though beef also makes sense.



- **Beef:** For the meat you want something that can stand up to the long-simmering time this stew requires. I use what my butcher marks as 'stew meat.' This is something like a chuck roast or round eye and contains a lot of connective tissue that will break down as the stew gently simmers. Tender chunks of lamb also work. I usually like to have chunks that are about 1½-inch cubes.

- **Dried Limes:** Also called lemoos amani. These are dried persian limes that give the stew the most delicious depth of flavor. This is one of those ingredients that you'll find at a middle eastern grocery store for or you can order them [online here!](#)
- **Herbs, Herbs, Herbs:** This stew is a nutrition powerhouse with all the greens! You'll need a ton of herbs here. You'll need bunches of parsley and a small bunch cilantro, and then I'll also use green onions, and dried fenugreek. Fresh fenugreek will also work for this recipe.
- **Red Kidney Beans:** Parts of Iran use kidney beans in their ghormeh sabzi. North and northwest Iran uses black-eyed peas. I've even seen people use pinto beans. All this to say that you have a few options here.
- **Lemon Juice:** Use lemon or fresh lime juice towards the end to cut through the richness of the stew.

How to make ghormeh sabzi



1. **Start the stew.** In a large pot or dutch oven, add a generous drizzle of oil, and cook the onions over medium heat when it's hot. Saute the onions until they're slightly golden. Then add the minced garlic, ground turmeric, and black pepper. When the garlic is fragrant, stir in the meat and let it sear evenly all over. Season the meat with salt, the bouillon cube, and add the water. Bring the stew to a simmer, then lower the heat and simmer uncovered for an hour.



2. **Simmer simmer simmer.** Poke holes in the dried limes with a fork or a paring knife. Then add them to the stew. Cover the pot with a lid but leave a sliver so that the stew vents.
3. **Saute the herbs.** When there's roughly 20 minutes left. Add a glug of oil to a large skillet or deep saute pan and add the herbs over medium-high heat. Saute the greens until they wilt down to less than half the size. I use dried fenugreek and add that in during the last two minutes.
4. **Simmer again.** Add the greens to the stew along with the drained kidney beans, cover the pot with a sliver to vent and let it simmer again for an hour. The theme here is simmer! The lower and slower you cook this, the more tender the meat and the more flavorful the stew!
5. **Serve it up.** Remove the dried limes and keep them to the side if you plan on serving them with the stew. Check the meat to see if it's done with a paring knife. If the knife goes through with some resistance, let it simmer for longer until it's super tender. When the meat is done, add the lemon juice. Taste and adjust with more salt as the stew needs. Then serve it up with tahdig or basmati rice and shirazi salad.



Persian painting (Miniature) by Master Mahmoud Farshchian