

Maash Pati Stew; Popular Dish in Northern Iran

Written by Iraninfo

Thursday, 29 March 2018 12:41 - Last Updated Friday, 20 April 2018 08:59



As the food contains mung beans and spinach, it is very beneficial for some diseases. Maash Pati is also rich in plant proteins due to the combination of its raw materials. It is mostly served with rice or Kookoo Sib Zamini (potato patties).

Some locals in Golestan serve the meal cold. Maash Pati is one of the most popular local dishes in the northern Iranian cities of Gorgan, Karimabad, Behshahr, Sari, Tonekabon, Qaemshahr and, especially, the village of Ziarat.

The directions to cook the stew has recently been inscribed on the list of Iran's Intangible Cultural Heritage.

Ingredients:

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Mung beans: 2 cups

Black-eyed peas: ½ cup

Spinach: 1.5kg

Chopped pumpkins: 150g

Garlic: 4 pieces

Beetroots: 3 small ones

Pomegranate paste: 1 tbs

Flour: 1 tbs

Salt, pepper, turmeric: As much as needed

Instructions:

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