



Abgoosht Burrito

by Mero Cocinero Karimi of ThePeoplesCook.org

You can get Abgoosht (served with unleavened bread) really cheap in Tehran – I like to think of it as the taco truck food of Iran. It's a working class person's dish - and during this time where we still have friction between the U.S. and Iran, I think we need to be more connected to the working people of the country and not just their "leaders." My father used to make abgoosht burritos for me when I was younger by wrapping it up in a flour tortilla.

Elements:

1-2 strands of saffron
2-3 dried lemons
2-3 lbs. of tri-tip, cut into small cubes
1 large onion, diced
1 tsp. turmeric
1-2 cloves of garlic, minced
1 tsp. salt
up to 1 cup of water
3-4 cans of garbanzo beans (without sugar and salt preferably)
3-4 medium sized potatoes (red preferably), cubed, **optional**
7-12 Flour Tortillas or sheets of unleavened bread to make into tortilla

Tools:

- Knife
- Cutting Board
- Big Pot/Pressure Cooker/Slow Cooker (if you have a day)
- Masher of Oppression aka Potato Masher

Process:

- In a small bowl, soak the strands of saffron in 7 T hot water; set aside to dissolve.
- Start to brown the meat in huge pot.
- Meanwhile, smash your dried lemons – I like to put them in a sandwich bag & hit them with a mallet (make a game of this, very fun!)
- Add the onion, lemons, spices, & saffron water to the pot of meat. Mix well.
- Place 1/4 c of the water in the pot (You don't want a lot of water or you will have abgoosht caldo).

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- Let simmer for 1-2 hours (or just 20 minutes in a pressure cooker), adding water as necessary.
- 20 minutes before serving, add garbanzos and potatoes (and more water, as necessary).
- When everything has cooked evenly, take the masher, and mash. For a more zesty, love-filled evening. Mash your ingredients together with someone you love. The faster you mash together, the greater the power of your love,.
- Take the tortilla, place at least one fist full of abgoosht filling inside and surround the filling with warm love of the tortilla. This is not a taco, so make sure you use the method for keeping communities and burritos together:
 - Bring it down the community (take the filling to the bottom of the tortilla)
 - Bring the left and the right (sides) of the tortilla together over the filling
 - And roll the entire community (the bottom of the tortilla) together. Add guacamole or avocado to seal it in.

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