



Eshkeneh Ghooreh (Persian Yogurt & Egg Broth)

By: Mozhgan Noura | Cuisine: Persian | Serves: 3–4 | Prep Time: 10 min |
Cook Time: 25 min

What is Eshkeneh Ghooreh?

This humble and flavorful dish hails from eastern Iran (South Khorasan) and parts of Afghanistan. It's a simple egg-and-kashk broth that turns a few pantry ingredients into soul-warming comfort food. Think of it as the Persian cousin of egg drop soup—with a tangy, savory kick from fermented whey (kashk).

Ingredients

- 2 medium onions, thinly sliced
- 2–3 tbsp vegetable oil
- 1 tsp turmeric powder
- 1/2 tsp black pepper
- Salt to taste
- 3–4 tbsp liquid kashk or soaked ghooreh
- 2–3 cups water
- 2–3 eggs

- Optional: dried mint or fenugreek
- Serve with: crusty bread, Sangak or Lavash

Instructions

1. Sauté onions in oil until soft and golden (10–12 minutes).
2. Add turmeric, pepper, and salt. Stir until fragrant.
3. Add water and kashk. Simmer 10 minutes.
4. Taste and adjust seasoning. Add dried herbs if using.
5. Crack eggs into broth. Cover and poach for 5–7 minutes.
6. Serve hot with bread. Dip, break the yolk, enjoy.

Author Notes

Eshkeneh Ghooreh is part of my family's heritage—passed down by my grandmother who used to make it on cold desert nights. It's budget-friendly, deeply comforting, and unique in flavor thanks to kashk.