



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

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MFA DIGEST



Iran's Under-17 Volleyball Team Crowned World Champion 2026



MFA News



Iran's FM in Telephone Talks

FM Araghchi held telephone conversations with his counterparts from Turkey(2), Saudi Arabia(2), OIC Secretary General, Japan, South Korea, Kazakhstan, Iraq, as well as Pakistan's Army Chief,



Science & Tech

Tehran, Baghdad highlight fostering ICT ties



Information and Communication Technology (ICT) Minister Sattar Hashemi and Iraqi Ambassador to Iran Yasser Abdulzahra Al-Hajjaj have underlined the need to strengthen cooperation between the two countries in the ICT sector, particularly in emerging technologies and the digital economy.

US Indefinitely Revokes Academic Exchange License with Iran; Fate of TOEFL, GRE Unclear



The move came as US Treasury Secretary Scott Bessent announced a new economic sanctions program against. The Treasury's Office of Foreign Assets Control (OFAC) also released a document stating that Washington has indefinitely suspended

sporting activities and academic exchanges with Iran.

The measure has raised questions about the status of academic exchanges, admissions services, online courses, and certain examinations related to admission to US universities.

Iranian universities, Malaysia's UKM discuss joint high-tech research projects



Iran's top universities are ready to launch joint technology projects with Malaysia's National University (UKM) in artificial intelligence, semiconductors and clean energy, Iran's scientific attaché to East Asia said during a visit to the Malaysian university.

Ten countries attending INOTEX 2026



The 15th International Innovation and Technology Exhibition (INOTEX 2026) is being held in Tehran, with representatives and delegations from Russia, Tajikistan, Pakistan, Indonesia, Zimbabwe, Thailand, Bangladesh, Oman, Iraq, and Turkey in attendance. The event opened on September 2 and wrapped up on September 5.

29th edition of ELECOMP Exhibition opened in Tehran



The 29th International Electronics, Computer and E-Commerce Exhibition (ELECOMP) Exhibition was inaugurated in Tehran's Permanent International Fairgrounds with the participation of ICT Minister Sattar Hashemianent. The exhibition brings together hundreds of technology companies, startups and industry players as the country placed artificial intelligence and digital security at the center of its technology agenda.

Iran shines at International Earth Science Olympiad

Iranian students concluded their participation in the 19th International Earth Science Olympiad (IESO 2026) in

Italy with an impressive haul of two silver medals, six bronze medals and a top prize.



The IESO 2026 was held from August 20 to 27 in Turin, Italy. More than 160 students from 41 countries took part in the international scientific competition.

Iran inaugurates major desalination plants despite US threats



Iran has inaugurated two major desalination facilities in the southern province of Bushehr, marking a significant expansion of the country's water infrastructure in a key industrial and energy corridor.

The multi-trillion-rial projects, completed despite ongoing illegal Western sanctions, were presented as a demonstration of Iran's economic resilience and drive for infrastructure self-sufficiency.

Trade & Economy

Iran's agricultural production reaches 137 million tons



The Deputy Agriculture Minister for Cultivation Affairs stated that while the agricultural sector plays a fundamental role in ensuring the country's food security, agricultural production has risen from approximately 130 million to 137 million tons despite drought, water resource constraints, sanctions, and existing imbalances.

"About 70 to 75 percent of this production relates to crop products, and overall, about 85 percent of the country's food needs are met through domestic production."

'Pakistan's port capacity, an advantage for Iran's trade with East Asia'

The Head of Iran's Trade Promotion Organization (TPO) described the visit of a Pakistani delegation to Iran—aimed at holding a bilateral meeting and following up on the approvals of the 10th Joint Trade Committee—as the beginning of a brilliant era in the development of economic and

trade cooperation between the two countries, and emphasized the need for a long-term perspective on Tehran-Islamabad relations.



The Head of TPO stressed the necessity of developing shipping lines and land transport between the two countries.

Iran FM: "Operation Economic Outcast" amounts to state terrorism



In a statement on Friday, Iranian Ministry of Foreign Affairs has urged all countries in the world to refrain from implementing new US "economic terrorism" against Tehran.

The Iranian Foreign Ministry condemned a new wave of US sanctions unveiled under the title "Operation Economic Outcast,"

which came after Washington failed to reach its war objectives against Iran,

Iran restores 40% of damaged South Pars gas capacity after terrorist US-Israeli strikes



Iran has restored about 40% of production capacity damaged at the giant South Pars gas field following repeated US-Israeli attacks, Deputy Oil Minister for Planning Ahmad Zeraatkar says, as Tehran accelerates reconstruction and expands domestic refining capacity.

Iranian energy workers have brought several damaged units back online ahead of schedule, demonstrating the rapid progress being made in restoring the affected facilities.

From naval blockade to land corridors: Iran's strategic pivot



Iran's maritime trade has faced serious disruption due to geopolitical tensions and sanctions, but this challenge has unexpectedly accelerated the development of land-based transit routes. What initially appeared as a strategic vulnerability—

over-reliance on the Strait of Hormuz—is now forcing a fundamental shift in the country's trade infrastructure. The result could transform Iran from a sea-dependent economy into a regional transit hub connecting East, West, North, and South.

China bans enforcement of U.S. oil sanctions



China's Ministry of Commerce has responded to U.S. sanctions against five Chinese companies linked to Iran's oil trade by issuing a "blocking order" prohibiting the sanctions from being recognized. The latest move by China's Ministry of Commerce also marks Beijing's first official use of a "blocking order" to directly counter specific U.S. sanctions targeting Chinese companies linked to trade with Iran.

Minister: Iran has bypassed US naval blockade to keep oil deliveries flowing



Petroleum Minister Mohsen Paknejad says Iran's crude oil exports continued without interruption throughout the 40-day war,

despite attacks on oil and gas infrastructure and the severe logistical challenges created by the aggression and subsequent maritime blockade. According to the minister, however, specialists from Iran's oil and gas industries were able to restore a substantial part of the lost capacity, while reconstruction work began shortly after the strikes.

Oil minister details 2-year achievements: flare gas up, exports unbroken, production rising



Since taking office, approximately 11.5 million cubic meters per day of flare gas has been collected through various projects, bringing total associated gas recovery to 17 million mcm/d when combined with pre-existing efforts.

The administration has also completed oil production increase plans, expanded processing capacity in shared fields, discovered new gas reserves, and halted diesel imports.

He said, Iran kept oil exports flowing during the US and Israeli war of aggression against the country in spite of 550 strikes on Kharg Island.

Iran sets up economic war task force amid fighting with US



Iran's economy ministry has set up a dedicated economic war headquarters to centrally identify wartime disruptions and find executive solutions.

The task force, established within the Ministry of Economy, is intended to bring coordination and speed to resolving economic issues arising from war conditions.

Tehran, Baku stress developing transit, infrastructure coop.



Iran's Minister of Roads and Urban Development Farzaneh Sadegh, who heads the Iran-Azerbaijan Joint Economic Cooperation Commission, and Azerbaijan Deputy Prime Minister Shahin Mustafayev, held a telephone conversation on Sunday to discuss the latest state of bilateral relations, plans to expand transit cooperation, border projects, and cooperation in the oil and gas sectors.

Over 2,800 mining machines placed on track for overhaul



The CEO of the Mining Investment Insurance Fund, noting the fund's support for 960 private mines, stated that 2,815 mining machines have been placed on track for procurement and modernization.

"The majority of active mines in the country are in the hands of the private sector. Out of a total of 6,451 active mines, 6,005 belong to this sector, and the fund has so far supported 960 mines by issuing credit insurance policies."

27 airports damaged during war of aggression against Iran



Iranian Airports and Air Navigation Company CEO said, 27 airports suffered varying levels of damage during the war. He said Iranian airspace had resumed domestic and transit flights despite some

regional countries not restoring regular services. He said daily flights had increased from about 100 after the war to 500, along with around 100 transit flights

Iran pushes for local currencies, alternative payment systems to counter sanctions in BRICS summit



The Iranian Minister of Economic Affairs and Finance who traveled to India to attend the BRICS meeting, stating that the final statement of the Second Meeting of Economy Ministers and Central Bank Governors of BRICS member countries was approved by consensus, stated: "Important topics were raised at this meeting, and all countries agreed on the provisions of the final statement."

He said: "The use of local currencies, the development of payment systems and domestic financial messengers, and increased economic coordination among BRICS members were among the most important topics raised at this meeting."

Iran Sports

Iran crowned champions of 2026 FIVB U17 World Championship



Iran defeated France 3-1 to win the 2026 FIVB U17 World Championship. It took place in Doha, Qatar from Aug. 19 to 29. Originally scheduled to be contested by 24 teams, it was ultimately reduced to 20 teams following withdrawals.

Iran finish fourth in 2026 AVC Women Asian Continental Championship



Iran's women's national volleyball team finished fourth at the 2026 AVC Women Asian Continental Championship after suffering a straight-sets defeat to Japan in the third-place playoff.

For Iran, fourth place marks a significant milestone in the development of women's volleyball. For the first time in its history,

Iran's women's national volleyball team have climbed to 40th in the world, reflecting the growing investment and development of the women's game in the country.

President Pezeshkian attends opening ceremony of 2026 WNG



Iran President Masoud Pezeshkian attends the opening ceremony of the sixth edition of the World Nomad Games in Bishkek, capital of Kyrgyzs.

Iran's cultural and sports delegation is represented by 130 athletes at the sixth edition of the World Nomad Games. The 6th World Nomad Games were held in Kyrgyzstan from Aug. 31 to Sept. 6.

Iran finish fourth at Asian Youth Handball Championship



Iran finished fourth at the 2026 Asian Youth Handball Championship after losing 29-28 to South Korea in the bronze-medal match on Monday.

The tournament was held in Jordan from Aug. 20 to 31 and also served as a qualifier for the Youth World Championship. Iran booked their berth in the world championship.

Iran's Moradi strikes gold at Taiyuan 2026 World Taekwondo Women's Open Championship



Iran's Saghar Moradi won the women's under-67-kilogram title at the Taiyuan 2026 World Taekwondo Women's Open Championship, completing a dominant run without dropping a single round. Moradi's title came after six consecutive victories.

The competition was held in Taiyuan from Aug. 28-30 as part of the World Taekwondo international calendar.

Iranian president, parliament speaker hail Iran U17 volleyball world championship



Iranian President Masoud Pezeshkian and Parliament Speaker Mohammad Baqer Qalibaf have praised Iran's Under-17 men's national volleyball team for winning the world championship in Qatar.

Iran head to Nagoya with a strong delegation



Iran will travel to Japan with a large delegation featuring a combination of experienced champions, established medal contenders and promising young athletes, all aiming to make a strong impact on the Asian sporting stage. Iran's final delegation consists of 522 members, including 312 athletes.

Iran learn fate at 2026 AFC Beach Soccer Asian Cup

A graphic showing the group draw for the AFC Beach Soccer Asian Cup Thailand 2026. It features a green and yellow background with a soccer ball logo. The table lists three groups: Group A, Group B, and Group C, each with four teams.

GROUP A		GROUP B		GROUP C	
A1	THAILAND	B1	IR IRAN	C1	OMAN
A2	JAPAN	B2	LEBANON	C2	UNITED ARAB EMIRATES
A3	BAHRAIN	B3	VIETNAM	C3	SAUDI ARABIA
A4	IRAQ	B4	AFGHANISTAN	C4	UZBEKISTAN

The pathway to AFC Beach Soccer Asian Cup Thailand 2026 glory was revealed following the Draw at the AFC House in Kuala Lumpur, Malaysia. The 12th edition of the competition is set to take place in the city of Phang Nga between Nov. 18 to 28, 2026.



Society & Culture



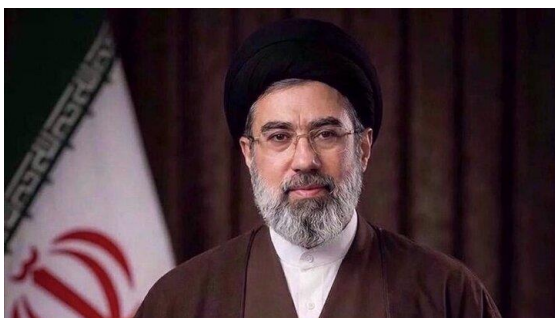
The great celebration of the "Ummah of Ahmad"



A major public celebration titled "Ummah of Ahmad" was held in Tehran to mark the birth anniversary of Prophet Mohammad (PBUH) and the Islamic Unity Week. Millions of Iranians across the country celebrate the birthday of Prophet Muhammad

"Ahmad" is one of the names and titles of Prophet Mohammad. So, "Ummah of Ahmad" carries a symbolic message of devotion to the Prophet while emphasizing the shared identity and spiritual bonds among Muslims.

Leader urges regional rulers to identify real enemy, warns against divisions



Leader of the Islamic Revolution Ayatollah Seyed Mojtaba Hosseini Khamenei In a message issued on the occasion of Islamic Unity Week and the birth anniversaries of Prophet Muhammad and Imam Ja'far al-Sadiq, said adversaries of Islam seek to magnify differences among Muslims in order to weaken the Islamic Ummah and ultimately dominate it. He has urged the rulers of Muslim countries, particularly those in West Asia and the Persian Gulf, to identify their "real enemy" and counter its plans, while calling on Iranians not to allow divisions to emerge among themselves.

Islamic Unity Week: Iran's enduring vision of Muslim brotherhood, resistance, and a secure region



The cities across Iran take on a different color during Islamic Unity Week every year, coming alive with a powerful sense of unity and solidarity as Iranians from different walks of life commemorate the birth anniversary of Prophet Mohammad (peace be upon him).

These powerful expressions of unity serve as a living reminder of a vision first articulated decades ago by the founder of

the Islamic Revolution, Imam Khomeini (RA), and later carried forward by the martyred Leader of the Islamic Revolution, Ayatollah Seyyed Ali Khamenei.

Venezuelan Red Cross appreciates IRCS solidarity



The President of the Venezuelan Red Cross, Luis Manuel Farías Villanueva, has praised the Iranian Red Crescent Society (IRCS) for its message of condolence and solidarity with the Venezuelan people following two earthquakes that struck the country in June.

Minab school tragedy will never be forgotten or forgiven, Iran FM says



Iranian Foreign Minister Abbas Araghchi said the tragedy at a school in Minab, southern Iran, will never be forgotten or forgiven, describing the students killed in the incident as a symbol of heroism for the Iranian people.

Araghchi made the remarks at the opening ceremony of the group exhibition “Minab School,” held in Tehran. The exhibition has been organized by the Nam Cultural and Artistic Institute and features works by a number of prominent contemporary Iranian painters.

Iranian animation “The Legend of Sepehr” released in Russian cinemas



The screening of the Iranian animation “The Legend of Sepehr,” directed by Emad Rahmani and Mehrdad Mehrabi, in 89 cinemas across Russia began with a special ceremony honoring the memory of the martyred children of Minab.

The ceremony was held in the presence of the Ambassador of the Islamic Republic of Iran in Moscow, Kazem Jalali, and a number of cinema figures and enthusiasts at the cinema of a famous children’s and youth shopping center in the heart of the Russian capital.

Mohsen Namjoo returns to Iran after nearly 20 years



Namjoo is a well-known figure in Iranian fusion music whose professional career developed in the 2000s within Tehran's underground music scene. Namjoo had decided to return home..

IRCS ready to assist flood-hit Nepal



The head of the Iranian Red Crescent Society (IRCS), Pirhossein Kolivand, has announced the IRCS's readiness to dispatch rescue forces and relief supplies to help people affected by the flood in Nepal.

Iranian feature "Slumber" to premiere at Vision Asia section of 31st Busan Intl. Film Festival

The 31st Busan International Film Festival (BIFF) has unveiled 11 features for its Vision Asia section, including a film from Iran.



Iranian filmmaker Mani Moghaddam will compete in the section with his feature debut "Slumber," employing elements of

magical realism in the story of a man suffering from sleep disorders and moving between everyday reality and a relationship experienced through his dreams, Honaronline reported.

31st Busan International Film Festival to host world premiere of Majid Majidi's "Midday Meal"



The latest film by acclaimed Iranian filmmaker Majid Majidi, titled "Midday Meal," will have its world premiere in the main competition section of the 31st Busan International Film Festival (BIFF).

The 31st Busan International Film Festival will run from October 6 to 15, with the Asian Contents & Film Market held from October 10 to 13.

Iranian female cardiologist garners gold medal at IFIA 2026



Iranian inventor Azin Alizadeh-Asl has secured a gold medal at the sixth

International Invention and Innovation Competition for the International Federation of Inventors' Association (IFIA) IVN Members that was held online from July 3rd to 5th in Geneva. She was awarded the gold medal for her invention of 'Image Clarification Device and Method in Transesophageal Echocardiography'.

Iran participating in 27th Baghdad International Book Fair



The Iran Book and Literature House is participating in the 27th Baghdad International Book Fair as the representative of Iran, showcasing a diverse range of Iranian works and hosting specialized cultural sessions.

The fair in Iraq opened on September 2, with the participation of over 600 publishers from 28 countries, and will continue until September 12.

Iran resolved to expand cooperation with China: Ejei



The Head of the Iranian Judiciary has reaffirmed Iran's "resolve" to expand relations with China, stressing that stronger legal and judicial cooperation can serve as a pillar of broader strategic ties between two nations.

Ejei made the remarks on Friday during a meeting with Zhang Jun, president of China's Supreme People's Court and the country's highest judicial official, on the sidelines of the BRICS judicial leaders' meeting in New Delhi, India.

Children's Book Council announces Iranian nominees for 2028 Hans Christian Andersen Award



Author Ahmad Akbarpour and illustrator Reza Dalvand have been selected by the Children's Book Council (CBC) of Iran as the Iranian nominees for the 2028 Hans Christian Andersen Award.

The Hans Christian Andersen Awards are two literary awards given biennially by the International Board on Books for Young People (IBBY), recognizing one living author and one living illustrator for their lasting contribution to children's literature.

More Iranian universities in Round University Ranking 2026



The Round University Ranking (RUR) 2026 has placed 41 Iranian universities among the world's top universities, up from 36 in 2025.

This year's ranking includes 1,313 universities from 99 countries, providing one of the most comprehensive views of institutional performance across the global higher education landscape.

Iran attends 39th Moscow International Book Fair



The Iranian Book and Literature House attended the 39th Moscow International Book Fair, held from September 2 to September 6, with a collection of 500 book titles, a series of illustrations, and various cultural programs.

Over the course of five days, 300 publishers from Moscow and various Russian regions, along with foreign participants from Iran, India, Qatar, the United Arab Emirates, Oman, Saudi Arabia, Turkey, and China, presented

hundreds of thousands of titles at the 39th Moscow International Book Fair.

Sydney art exhibition highlights Minab tragedy, voices of war, resilience



The “When the Earth Embraces the Sky” art exhibition, featuring works addressing war, loss, displacement and resilience, has opened in Sydney, Australia, with the Iranian section focusing on the Minab school tragedy and commemorating the children who lost their lives in the attack.

The event brings together more than 50 artworks from artists and community members from diverse backgrounds, including Iranian, Afghan, Iraqi, Lebanese and Palestinian communities.

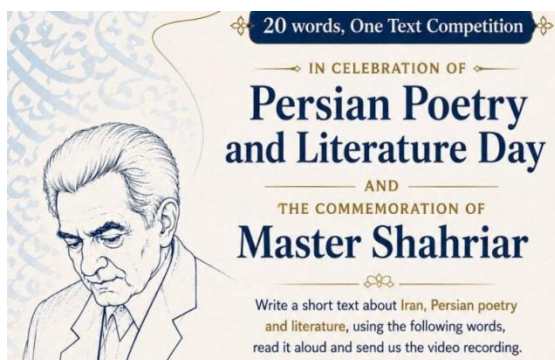
Iran hosts over 40% of world's rare plant species: study



A comprehensive international study has found that Iran is home to 75 of the world's 180 known species

of Melanocrommyum, underscoring the country's status as a major global hotspot for plant biodiversity.

Saadi Foundation launches international competition "20 Words, One Text"



Marking the National Day of Persian Poetry and Literature on September 18, the Saadi Foundation is organizing the international competition "20 Words, One Text" to celebrate the Persian language and literature, engaging Persian learners and enthusiasts worldwide.

Iranian students achieve milestones at international Olympiads despite war



Talented Iranian students have achieved remarkable success at international Olympiads, winning 13 medals and securing the championship title at the International Physics Olympiad despite the numerous challenges posed by the US-

Israeli war against the country. Last year, Iranian students took part in 14 international scientific competitions head of the Young Scholars Club, as saying.

"Land of Angels" wins Grand Prix at Kazan International Film Festival



Iranian filmmaker Babak Khajepasha's "Land of Angels" received the Grand Prix for Best Feature Film at the 22nd Altyn Minbar Kazan International Film Festival, during the closing ceremony of the event in Kazan, the capital of Russia's Republic of Tatarstan which was held from September 4 to 8 in Kazan. The festival received a record 1,030 submissions from 66 countries, with 146 films selected for its competition and non-competition programs.

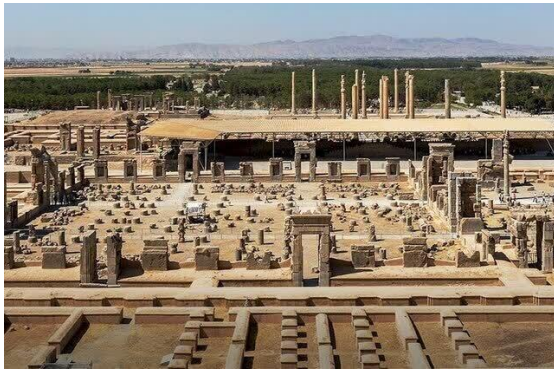
The event is one of Russia's established film festivals focusing on human, cultural, social and spiritual themes and has been held since 2005. This year's edition was particularly significant as Kazan has been designated the Cultural Capital of the Islamic World, making the festival one of the major cultural events associated with the designation.



Tourism & Nature



New conservation and infrastructure projects underway at Persepolis



A series of new conservation and infrastructure projects are underway at the UNESCO-registered Persepolis in southern Iran, including fencing of some 70 hectares of surrounding land, the director of World Heritage site has said.

A new route for visitors leaving the site is also being planned and organized to improve the flow and management of visitor entry and exit.

Se Gonbad: A Seljuk-era tomb tower in the heart of Urmia



Rising from the historic fabric of Urmia in northwestern Iran, the Se Gonbad Tomb Tower is one of the city's most distinctive

surviving monuments from the Seljuk period.

The cylindrical stone-and-brick structure, built around 800 years ago. The name "Se Gonbad," meaning "Three Domes" in Persian, is associated with the unusual arrangement of its domed structure.

Gonabad: Where ancient water engineering shaped eastern Iran



Gonabad, a historic city in Khorasan Razavi province in eastern Iran, offers visitors far more than the landscapes of a desert settlement. Its strategic location, ancient water-management systems and references in Iran's epic and geographical literature have made it an important destination for those interested in the country's history and cultural heritage.

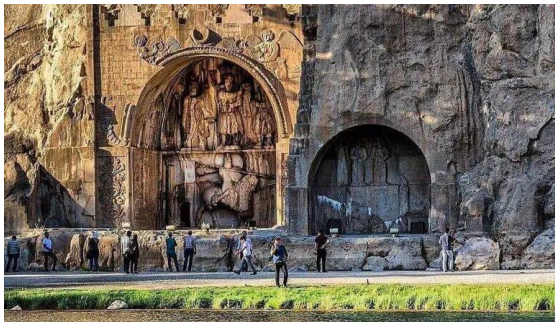
AI workshop explores technology's role in tourism development in West Azerbaijan



An educational workshop on the applications of artificial intelligence in tourism was held in Iran's West Azarbaijan province to strengthen the capabilities of tourism professionals, improve digital services and explore the potential of emerging technologies in developing the sector.

West Azarbaijan is located in northwestern Iran and borders Azerbaijan and Turkey to the north, Turkey and Iraq to the west, East Azarbaijan and Zanzan provinces to the east, and Kordestan province to the south.

Iraqi students to become 'tourism ambassadors' for Kermanshah



Iraqi students studying in Iran's Kermanshah province are expected to be trained as "tourism ambassadors" to help promote the province's historical and cultural attractions in their own country, a provincial tourism official said on Sunday.

"Kermanshah province has more than 4,000 registered and unregistered historical sites. Training tourism guides can create employment in the near future and help promote and introduce the culture and history of this region."

From rail to coast and wellness: A new tourism chain takes shape in northern Iran



Traveling with a group of fellow journalists from Tehran to Bandar-e Anzali recently offered us more than a two-day tour of tourism projects under development. The journey was designed to show how railway travel, coastal destinations, accommodation, recreation and wellness services could be brought together to form a single tourism experience.

The media tour, organized by the Tourism Group of the Social Security Organization (HEGTA), took us to several projects within Anzali Coastal Village.

Discover Iran: Qazvin, the Safavid capital of palaces, gardens and grand avenues that shaped Iran's urban landscape



Long before Isfahan became the jewel of Safavid architecture, Qazvin served as a laboratory in which a new conception of the Iranian capital first took shape, a royal

landscape of palaces, gardens, avenues, and public spaces that would fundamentally reshape Iranian urban design for centuries to come.

When Shah Tahmasb I moved the Safavid capital from Tabriz to Qazvin in the mid-sixteenth century, he transformed the spatial and political organization of one of Iran's oldest cities, creating a new royal landscape alongside its existing urban fabric.

Karaftou Cave: A timeless sanctuary of history, art, and faith in western Iran



Karaftou Cave, nestled in the rugged limestone cliffs of Iran's Kordestan province, stands as one of the country's most enigmatic and historically significant archaeological sites.

Karaftou is more than an archaeological site; it is a living archive of human creativity and belief, a complex of natural caverns whose entrance and some passageways were modified during the historical (Parthian) period, and whose walls bear witness to the artistic and spiritual expressions of the peoples who sought shelter and meaning within its chambers over millennia.

Sangak bread added to Iran's national intangible cultural heritage list



The way of preparing, Sangak, a traditional Iranian flatbread baked on heated pebbles, has been inscribed on Iran's national list of intangible cultural heritage following a review by the country's National Council for Intangible Heritage Registration, an official said.

The name Sangak is derived from the Persian word for "pebble," referring to the small river stones on which the bread is baked. The bread is typically made from whole-wheat, high-hydration dough and shaped into a rough triangle before being stretched over heated stones in a large oven. Sesame or poppy seeds are among the traditional toppings.

From Shiraz to Zanzibar: A look into centuries-old Persian connection



For centuries, the Indian Ocean served not as a barrier separating Iran from East

Africa, but as a maritime corridor linking the two regions.

Among the most enduring traditions associated with these connections is the story of the “Shirazis”, people said to have migrated from the southern Iranian city, to the East African coast.

The story of the Shirazis is consequently not simply a story of migration from one Iranian city to Africa. It is a story of movement, settlement, marriage, commerce and cultural exchange across an ocean that connected rather than divided societies.

Religious tourism accounts for 56% of foreign arrivals to Iran



Religious tourism accounted for 56 percent of the two million foreign tourists who visited Iran during the first five months of the current Iranian calendar year, Deputy Tourism Minister Anoushirvan Mohseni-Bandpey has said.

The official said the figures demonstrated strong demand for religious travel from neighboring countries and stressed the need to improve tourism infrastructure, expand

accommodation facilities and facilitate the movement of pilgrims.

UNESCO-listed Golestan Palace undergoes emergency restoration



The second phase of a comprehensive conservation and restoration program at Tehran’s Golestan Palace has begun, with priority given to preventing further damage before the onset of the rainy season, the head of the UNESCO-listed complex said on Wednesday.

The palace complex comprises eight main palace structures, primarily used as museums, along with the eponymous gardens, a central green space surrounded by an outer wall with gates, exemplifying the architectural and artistic achievements of the Qajar era, including the integration of European motifs and styles into Persian art. It served not only as the governing base of the Qajar kings but also as a residential and recreational compound during the 19th century.



Persian Cuisine



Traditional dish of Abgoosht (Stews Lamb)



This Persian meat and potato stew, known as abgoosht or dizi, is a slow-simmered comfort dish with tender lamb, creamy beans, and soft-yet-sturdy potatoes, all steeped in a deeply aromatic tomato-onion broth. A cinnamon stick gently tames the gaminess of the lamb, while a mix of chickpeas, red kidney, and white beans adds layers of texture from plump and creamy to hearty and lush. This recipe is dairy and gluten free.



Ingredients(2 Per.)



- ☐ ☐ lamb boneless* shoulder preferred, or stew meat, fat trimmed, and cut into 2-2.5-inch chunks
- ☐ ☐ chickpeas
- ☐ ☐ red kidney beans
- ☐ ☐ white beans
- ☐ ☐ garlic cloves sliced
- ☐ ☐ yellow onion large, or small, peeled and diced
- ☐ ☐ ground turmeric
- ☐ ☐ ground cumin
- ☐ ☐ cinnamon stick
- ☐ ☐ black pepper plus more to taste



- ☐ ☐ salt plus more to taste
- ☐ ☐ tomato paste

- ☐ potatoes yukon gold or red, peeled and cut into 1.5" chunks
- ☐ tomatoes roma or vine, quartered



How to Make This Recipe

1-Place the lamb in a large pot and cover it with water. Bring the water to a boil, then skim off any foam that rises to the surface.



2-Add the garlic, onions, spices (including 1 teaspoon of salt), and beans to the pot. Pour in just enough of the bean water (and boiling water if you run out) to fully cover the ingredients. The less water, the more flavorful, so try and use as little as possible to get the ingredients covered.



3- Cover, and cook for 2 hours on the lowest simmer.



4-Remove the cinnamon stick. Stir in the tomato paste, diluting it with a bit of broth before returning it to the pot. Add the potatoes, tomatoes, and season again with salt and pepper after tasting the broth.



5- Bring the stew back to a boil, then continue cooking uncovered for another 45 minutes. Do a final taste test and season with salt and pepper to taste before serving.



6- Alternative serving: First, pull out the meat, potatoes, and beans and mash them into a rich, savory paste. Serve on toast.



Instructions

1. Cook the beans.

If using an InstantPot: Cook with 1.5 quarts of water and 1 teaspoon of salt on high pressure for 45 minutes, then manual release.

If using the stovetop: Soak the beans overnight, or for a minimum of 8 hours, changing the water 1-2 times during the soaking process. Simmer for 1.5 hours in 8-10 cups of water and 1 teaspoons of salt.

8 oz. chickpeas, 4 oz. red kidney beans, 4 oz. white beans

2. Place the lamb in a large pot and cover it with water. Bring the water to a boil, then skim off any foam that rises to the surface.

4 lbs. lamb

3. Add the garlic, onions, spices (including 1 teaspoon of salt), and beans to the pot. Pour in just enough of the bean water (and boiling water if you run out) to fully cover the ingredients. The less water, the more flavorful, so try and use as little as possible to get the ingredients covered.

10 garlic cloves, 2 yellow onion, 4 tsp ground turmeric, 4 tsp ground cumin, 2 cinnamon stick, 2.4 tsp black pepper, 4 tsp salt

4. Cover, and cook for 2 hours on the lowest simmer.
5. Remove the cinnamon stick. Stir in the tomato paste, diluting it with a bit of broth before returning it to the pot. Add the potatoes, tomatoes, and season again with salt and pepper after tasting the broth.
6. Bring the stew back to a boil, then continue cooking uncovered for another 45 minutes. Do a final taste test and season with salt and pepper to taste before serving.



Note

You can serve your Abgoosht with fresh herbs like basil and tarragon, pickled and/or red onions. Enjoy!

The Nomads of the Qara-Dagh Tribe: Guardians of Azarbaijan's Rich Culture



