



# ZERESHK POLO

## PERSIAN RICE WITH BARBERRIES

### INGREDIENTS

- 4 cups Persian or Basmati rice
- 8 glass boiling water
- 2 tbsp salt
- 75g oil or butter
- 2 tbsp yogurt
- 2 tbsp Brewed saffron

For garnish

- 2 tbsp oil
- 2 tbsp barberries
- 2 tbsp slivered almonds
- 2 tbsp slivered pistachio

### METHOD

1. Wash and strain the rice with cold water a couple of times until the water runs clear before soaking it in cold water for 2 hours (you can skip soaking but you'll get a fluffier rice if you do).
2. Boil the rice with 8 glasses of boiling water and 2 tbsp of salt for 6-8 minutes. When the rice is soft outside and still a bit hard inside (usually about 6 minutes of boiling), wash and rinse with cold water.



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3. Pour 75g of butter or oil to a non stick pot and then add 2 tbsp of yogurt and saffron to 4 tbsp of rice and mix them altogether. This will be the golden crust at the bottom of the pot. Add the rest of the rice and cook for 5 minutes on high heat. Then lower the heat and cook it for another 25-30 minutes.
4. For the barberries mixture, add oil to the pan on low heat. Add barberries and gently fry. As soon as they are shiny and a little puffy they're ready. Barberries burn so quickly so keep the heat low. Then add in the almonds and pistachios and turn the heat off after 30 seconds.

### HOW TO SERVE

To serve, plate the rice, for more colour you can add 4 tbsp of rice to a bowl and add 2 tsp of saffron and mix well. Add the saffron rice on top of the rice and then add the barberry mix.

Flip page for Saffron Chicken recipe



# SAFFRON CHICKEN

## INGREDIENTS

- 2 Tbsp oil
- 2 medium onions, chopped
- 3 chicken Maryland or any other cut of chicken
- ¼ cup brewed saffron
- 2 carrots sliced
- 1 green capsicum cut into chunks
- 2 tbsp tomato paste
- Spices: Turmeric, paprika, salt and black pepper

## METHOD

1. Put a large saucepan over medium-high heat and add the oil and the onions. Once onions are light add the chickens and brown both sides. Then add the spices and mix well.
2. Add the tomato paste and let all the ingredients to gently cook for couple of minutes. Then add the capsicum and carrots, mix together and now it's time for the magic spice, saffron.
3. Add the saffron to the chicken, making sure the chicken is well coated with the saffron and add a cup of water. Cover the chicken mixture and let it cook on low heat for about 45 minutes.



# SAFFRON CHICKEN

4. Turn the chicken over halfway during the cooking process.
5. To serve, either layer the chicken with Zereshk Polo or serve them side by side.

## TO BREW SAFFRON

1. In order to get the most out of saffron, it has to be grinded finely first. Use a regular marble mortar and pestle. Pour the content of the whole packet of saffron and grind really fine. Keep the grinded saffron in a small air tight jar or container.
2. Bring water to boil. Measure about one third of teaspoon saffron and pour in a cup. It is best to use a glass cup or little glass jar with lid to store the brewed saffron. Pour about  $\frac{1}{4}$  cup of hot water over saffron. Cover the cup and allow to sit for 10-15 minutes.

If stored in the fridge, the brewed saffron will keep well for about a week. So it is important to prepare the saffron in the amount to be used immediately. If you have left overs, feel free to add it to your cup of tea or meat marinate, it will be a game changer!

Thank you to Mina from Melton City Council  
for this traditional Persian recipe!