

Miele

Persian jewelled rice

By Miele

15 minutes

Preparation Time

50 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Persian rice

300 g (1 ½ cups) basmati rice,
washed twice
2 tbsp vegetable oil
2 tbsp water
20 g butter, melted
½ tsp saffron stems infused in 2 tbsp
hot water for 10 minutes

Jewels

1 tbsp vegetable oil
1 small brown onion, thinly sliced
65 g (½ cup) barberries or currants,
soaked in water for 10 minutes
1 orange, zest removed in thin strips
55 g (¼ cup) caster sugar
60 ml (¼ cup) water
35 g (¼ cup) slivered almonds,
toasted
35 g (¼ cup) slivered pistachios,
toasted
1 pomegranate, arils removed
(optional)

To serve

Dill stems
Coriander stems
6 radishes

METHOD

Persian rice

1. Bring a saucepan of salted water to the boil on the induction cooktop using Boost function. Place the washed rice in the boiling water, reduce the heat to medium-high heat, induction setting 7, and boil the rice for 4 minutes.
2. Drain the rice through a sieve and cool under running cold water.
3. Return the saucepan to the cooktop. Add the oil to the pan with 1 tablespoon of water. Heat the saucepan on medium-high heat, induction setting 7 until the liquid starts to boil. Add enough rice to cover the base of the pan then gently spoon in the remaining rice in a cone shape.
4. Use the base of a wooden spoon to poke holes through the rice to the bottom of the saucepan. Combine the melted butter with the remaining 1 tablespoon of water and drizzle over the rice. Cover with the lid and cook until steam starts to escape.
5. Reduce the heat to low, induction setting 4, and cook for 30 minutes.
6. Prepare the jewels while the rice is cooking.
7. Once cooked, remove ½ cup of the rice and mix with the saffron water.
8. Spoon the rice onto a serving platter. Sprinkle the saffron rice over the top. Scatter with the prepared jewels and a little of the reserved orange syrup.

Jewels

1. Place the oil in a small frying pan on medium heat, induction setting 6. Add the onion and cook for 10 minutes, or until golden brown. Drain the barberries, add to the pan with the onion and cook for 1 minute.
2. Place the orange zest slivers in a small saucepan and cover with water, bring to the boil on medium heat, induction setting 5. Drain and discard the water. Set the zest aside.
3. Return the saucepan to the cooktop and combine the water and sugar. Bring to the boil on medium heat, induction setting 6 and stir until the sugar dissolves. Add the orange zest strip and simmer for 3 minutes. Remove the orange strips and reserve the syrup separately.

To serve

1. Serve the rice with a plate of herbs and radishes.

Hints and tips

- Toast the nuts on Fan Plus at 150°C for 15 minutes.
- Persian jewelled rice, also known as Javaher Polow or Morasa Polow, is a traditional Persian rice dish that is visually stunning and rich in flavour. Often served on special occasions and celebrations, the dish gets its name from the vibrant colours and the assortment of “jewels” or toppings that are scattered over the rice.