



List of ingredients:

- ☛ Basmati Rice -2 cups
- ☛ Green Beans - 1 cup
- ☛ Cooking Onion 1 small finely chopped
- ☛ Fresh Tomato – ½ cup chopped
- ☛ Turmeric 1 tsp
- ☛ Cinnamon ½ tsp (optional if using meat)
- ☛ Salt – 1/8 cup (for soaking the rice and bit for cooking)
- ☛ Pepper ½ to 1 tsp (black or cayenne)
- ☛ Saffron – finely ground (few threads) + 1 ice cube or couple of tablespoons of hot water
- ☛ Potato – 1 small/to medium (depending on pot size) cut thinly in rounds
- ☛ Cooking oil – 2 to 3 table spoons (enough to brown the onions) - I use grapeseed oil.
- ☛ Butter – ¼ cup

Process

1. First rinse the rice a few times and then soak in cold water with some of the salt. (Best to soak rice overnight or at least few hours before – however it is not a must)
2. Brown onions in grapeseed (cooking oil); add turmeric/salt/pepper and mix it in cook a couple of minutes
3. Add meat here if adding meat brown meat and continue
4. Add in the chopped beans and mix and continue frying/sautéing
5. Add chopped tomato and cook a few more minutes
6. Add tomato paste + 1/8 cup of hot water (best to dissolve the tomato paste in the hot water before adding.
 - Lower and simmer for a few minutes until the broth thickens a bit. We don't want to cook it too much to soften the beans. We also don't want it too soupy so take note in how much water is added with the tomato paste.
 - We want to get to a thick gravy consistency (not runny – something like a thick chili)
7. Once the broth has thickened add infused liquid saffron into the mix. Turn heat off and set aside.
8. Boil 4 cups of water and add remaining salt
9. Drain the soaking rice and add to the boiling water
10. Cook on medium high heat until rice is half cooked bit before al dente (this is the trickiest part – dependent on type of basmati (age, quality, soaking time). Once the rice reaches the optimum point drain the rice in a colander and rinse with cold water
11. Put the pot back on the low/med heat – heat butter and lay the sliced potatoes in a thin layer on the bottom



12. Next we are ready for layering rice and bean mix . Put some rice in the pot over top of the potatoes, then spoon over some of the bean mix/sauce; repeat with rice and mix. Once all rice and mix is used we cut up butter into pieces and lay scattered on top of rice.



Use a clean cotton kitchen towel or paper towel to wrap the lid and cover the pot.



Polina's Nostalgic Treats family recipe.

13. Simmer on low/med heat (depends on the size of the pot) bigger the pot higher the heat but never more than medium and dependent on heating source. On my electric glass top I cook my rice on 2.5 for a medium size pot. Another factor is the type of pot – stainless or copper pots use lower heat even more as they heat up faster/non-stick is a bit more forgiving. We want to have the rice cook while crisping the bottom layer of potatoes/pita.
14. Simmer rice for 30 to 40 min (when the rice steams it is most likely done). Once steamed (you can slowly carefully check the lid and if the rice has steamed and the cloth is moist) take lid off and spoon the rice and mix onto a platter until we get to the bottom. Once at the bottom we reach our prized potatoes (Tah-Dig) what most who have had it fight over it and enjoy. The potatoes should be golden/orange and crispy.

The rice if cooked in a nonstick pot can also be flipped over onto a platter like a Bundt cake.



Special Notes:

Polina's Nostalgic Treats family recipe.

- ☛ This rice is typically cooked with meat (ground or small cubes) however to keep with ease/time limit/and vegan/vegetarian friendly environment we opted out of the meat to demonstrate. When to add meat: after browning the onion, before the beans, brown the meat in with the onions, add spices (option: you can add tiny bit – pinch/dash of cinnamon to neutralize the meaty scent); then add green beans and continue.
- ☛ For the Tah-dig (crispy bottom) instead of the potatoes pita bread or rice can be used.
- ☛ Final rice dish is best served when grains are fluffy and cooked but not mushy nor al dente.
- ☛ Best served along plain yogurt or Shirazi Salad
- ☛ Saffron: The most effective way to draw the flavor and color out of saffron is to submerge them in a hot liquid, so you want to soak them thoroughly before adding them to your recipe. In most cases, letting it sit in the liquid for **10 to 20 minutes** is enough to prepare the saffron.

Yields 6 to 8 or even 10 (4 to 6 for Persians ☺)

List of Ingredients:

- Premium Persian Saffron – ¼ gram
- Basmati Rice - Lal Quail – Premium Indian Basmati or Saleem Karavan (4 cups)
- Green beans – 1lb
- Tomatoes – 2 medium or 1 large
- Potato – 1 medium or Pita bread – 1 piece
- Ground meat – 1/2 lb (optional)
- Tomato paste-1/4 cup
- Grapeseed oil or cooking oil -1/8 cup
- Butter – ¼ cup
- Turmeric
- Salt
- Pepper
- Cinnamon
- 6 cups of water (2 cups hot boiling; 4 cold)