

Basmati Rice - Persian-Style (Tahdeeg and Chelow) **This recipe serves: 6**

October 28th, 2020

Prep Time: 01:00

Cook Time: 00:45

This recipe integrates a Persian dish called "Chelow" (pronounced \che-lau\), a soft fluffy Basmati Rice, with another Persian dish called "Tahdeeg" or "Tahdig" (pronounced \ta-deeg\), a crispy crunchy Basmati Rice, to make a soft and crunchy mix. It accentuates the nutty savor that makes Basmati so good. This is the perfect side dish for Shawarma.

Ingredients:

4 Cups Water

3 Tablespoons Table Salt

2 Cups Basmati Rice

1 Tablespoon Vegetable Oil

Tahdig

2 Tablespoons Vegetable Oil

1/4 Cup Plain Greek Yogurt

1/2 Teaspoons Fennel Seeds

1/4 Teaspoon Ground Cumin

Chelow

1/2 Teaspoons Fennel Seeds

1/4 Teaspoon Ground Cumin

2 Tablespoons (1/4 Stick) unsalted butter, cut into 8 cubes

1/2 Cup Drinking Water

1/4 Cup Fresh Parsley, finely chopped or Chimichurri Sauce

Directions:

Rinse the Rice

Pour the rice into a large fine-mesh strainer and rinse under cold water to remove the starch. Rinse until the water runs clear. This may take as long as 5 minutes.

Pour the rinsed rice into a large pot and add 3 Tablespoons salt.

Par-Boil the Rice

Cover the rice with 4 cups of water. Stir well to fully dissolve the salt.

Bring the water to a boil. Allow the rice to boil for 2 minutes.

Remove from the heat and pour the rice back into the large fine-mesh strainer, straining out all the water. Rinse the rice again with cold water, for about 30 seconds, to stop it from cooking and to rinse away any remaining salt.

Oil the Cooking Pan

In a 10" non-stick pan, spread 1 Tablespoon of vegetable oil across the bottom. Use a brush or your hands to ensure that the bottom and sides are evenly covered.

Prepare the Tahdig

In a small bowl, mix 2 Tablespoons Vegetable Oil, 1/4 Cup Greek Yogurt, 1/2 Teaspoon Fennel seeds, 1/4 Teaspoon Ground Cumin, and 1/4 Teaspoon of Salt. Mix thoroughly.

Add 2 cups of the par-boiled rice and gently stir together until combined.

Spread the Yogurt-Rice mixture in the pan. Ensure an even coverage then pack the rice down tightly, ensuring NOT to crush the rice.

Prepare the Chelow

Stir 1/4 Teaspoon Ground Cumin and the 1/2 Teaspoon Fennel Seeds into the unused rice. Scoop the unused rice into the center of the pot on top of the Yogurt-Rice. The rice on top should be shaped into a large mound. Use a butter knife (or your finger) to poke 8 holes into the rice mound (but not all the way into Yogurt-Rice base). Place each of the small butter cubes into the holes. Sprinkle 1/2 cup water over the top of the rice mound. Cover with a tight-fitting lid.

Cook the Rice

Cook on medium heat for 5 minutes.

Rotate the pot 180° to ensure even heating, and cook for another 5 minutes.

You should hear crispy crackling sounds coming from inside the pot.

Briefly remove the lid and then replace it again to release excess steam.

Reduce heat to low and continue to cook for another 30 minutes.

After 30 minutes, remove from the heat.

Plate the Rice

Stir 2 tablespoons parsley (or Chimichurri Sauce)
) into the rice, making sure not to break the crust (Tahdig) on the bottom of pan.

Carefully slide the Tahdig and Chelow onto a serving platter. Carefully fold the Tahdig over, like an omelet, with the Chelow in the middle.

Sprinkle with remaining Parsley (or Chimichurri Sauce) and serve.