



Tahchin with Eggplant

Iran, Shiraz

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Ingredients

- 4 cups Rice
- 500 g Chicken Meat
- 3 Eggplants
- ½ cup Yogurt
- 1 Egg
- 1 Onion
- 2 tbsp. Brewed Saffron
- 1 tbsp. Tomato Paste
- As needed Salt, Black Pepper, Turmeric, Garlic Powder

Instructions

1. As the first step, we need to prepare the middle filling ingredients. So, stir-fry the chicken pieces with some oil or butter. It is better to season the chicken with your preferred spices before frying.
2. When the chickens are golden, bring them out of the pan and stir the diced onions in the oil until they are light and caramelized. Then add the salt, black pepper, turmeric, and garlic powder and stir the ingredients.
3. Then, add the tomato paste as well, so its fresh-smelling is gone. Also, stir-frying the tomato paste gives it a better color.
4. Now add the chicken meat to the pan and stir all the ingredients together. Pour 500 ml water in the pan, increase the temperature, put the lid on, and wait until you have a thick sauce with cooked chicken meat.

5. In the meantime, peel and slice the eggplants and place them in a tray. Pour some salt on them and wait for 20 minutes. Wash them afterward and, when dried, fry them in some oil.
6. Cook (semi cook in fact) the rice in boiling water and strain it.
7. Break the egg in a bowl and beat it with the yogurt. Add the brewed saffron, salt, and pepper and mix them all. Add half of the strained rice to this saffron mix.
8. Pour some oil to a suitable and non-sticky pot (the walls should get greasy too). Now add the saffron rice, press it with the back of the spoon and make it flat. Now place the chicken meats on the rice, and then the eggplants slices on them. Finally, add the rest of the white rice to the pot and press it with a spoon as well.
9. Place the pot on the stove; before the rice starts to steam, the temperature should be high. After that, lower the temperature to a gentle heat and let the Tahchin cook for almost 1 hour and a half.
10. Flip the eggplant Tahchin in a suitable plate and decorate it with barberries and pistachio slices.