

Zereshk Polo ba Morgh

Ingredients :

- 2-piece chicken (full thigh or breast)
- 1 medium onion
- Celery stalks two or three pieces
- Carrots are an average number
- Tomato paste 2 tbsp
- Salt, pepper and turmeric
- 1 tablespoon lemon juice
- Oil
- Brewed saffron
- Cooked rice
- Barberry + sugar + Pistachio + Almond + butter



Prepare the Zereshk Polo

Combine the saffron with a few tbsp freshly boiled water and let it sit in a warm place. Bring a pan of water to boil and dissolve 3 tbsp of salt in it. Add the washed rice to the pan and keep the water boiling. Let it pre-cook until the rice corns are soft on the outside but still have bite in the center. It might take anything from 3 to 7 minutes. Once your rice is pre-cooked, drain it in a colander and rinse it with cold water to interrupt the cooking process and wash off the excess salt. Transfer about 1/4 of the rice into a small bowl and combine it with half of the saffron water until it's evenly yellow. Cover the bottom of a coated pan with 2 tbsp ghee or vegetable oil. Add 1 tbsp of water to it and give it a quick shake. Then add the saffron rice. You can taste the rest of the rice to see if it needs any additional salt and if so, season it now. Transfer the white rice into the pan, on top of the yellow. Combine 1 more tbsp of vegetable oil or ghee with 1 tbsp of water and pour it over the rice. Poke a few holes through the rice to the bottom of the pan using the back of a wooden spoon. Cover the lid with a clean kitchen towel and firmly close the pan with it. Let the rice steam over low heat for at least 60 minutes.

Wash the dried barberries and heat a small pan with 2 tbsp of ghee. Briefly fry the barberries together with the sugar in the hot ghee. Don't let them fry any longer than 30 seconds. Combine the sweet fried barberries with the slivered pistachios and almond, set them aside for later as decoration.



Prepare the Khoresh-e Morgh

Use chicken and heat a frying pan and add the vegetable oil. When the oil is sizzling hot put in the chicken/poussin and fry it on all sides until golden brown. This is just to brown the outside. It will have plenty of time to cook through later. (Be careful not to burn yourself with the sizzling hot oil). Skin off the onion and chop it, then fry it in oil then add slices of carrot and Celery stalks (it makes the chicken more delicious). Carrots and Celery stalks can be removed after the chicken is cooked.

Transfer the golden-brown chicken to the pan you want to cook it in, together with the onion and vegetables. Add 1 1/2 to 2 cups of freshly boiled water to it. Also add the tomato puree (alternatively 1/4 tsp of saffron), turmeric, black pepper, and salt and stir until everything is combined. Put on the lid and put the pan over low heat and let it simmer for another 30 to 45 minutes.

