



Iranian Chicken & Rice with Saffron

RECIPE

Original recipe from Mary Jazayeri
Recipe makes 8 portions

INGREDIENTS

- 1 kg basmati rice
- 16 pieces of chicken (2/person)
- 1.5 teaspoons saffron
- Sea salt
- Oil for frying

The original recipe calls for peanut or soy; I personally use coconut or olive (with which I “fry” at a very low temperature)

- Butter
Original recipe calls for “lots”, the healthy version can use less, and even use ½ butter and ½ olive oil if you like; equally consider ghee if you have the possibility
- Dried cranberries
- Pinch of brown sugar
- Water, lots, see instructions for exact measures

INSTRUCTIONS

Rice

- Wash thoroughly and strain
 - Leave in a pot with water and sea salt for approx.. 1 hour
 - Rinse again & cook in a pot with water double the height of the rice, uncovered, cooking on a strong boil stirring occasionally
- NOTE: If you have your own method for cooking rice, go with it, this is Mary’s method and it works for her (when she is not using her rice cooker imported from Iran)

Chicken

- Crush 1 teaspoon saffron in a glass mortar or bowl
- Add 1/3 c boiling water and mix
- Bath/massage saffron with dash of sea salt
- Dry through sautéing in (soy, peanut, coconut, or olive) oil slowly in a pan large enough in diameter and depth to then cover with rice to cook further
- Add chicken, cook at low heat covered
- When chicken is cooked, strain off, keep on side, ½ the chicken’s cooking liquid

Topping

- In skillet melt generous amount of butter (or ghee, or ½ butter; 1/2 olive oil)
- In a glass crush remaining ½ teaspoon of saffron and mix with ½ cup boiling water
- Fold saffron, generous amounts of dried cranberries & a pinch of brown sugar into melted butter



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Final Dish

- Strain rice and layer it over chicken in the cooking pot of the chicken
- OPTIONAL: insert pats of butter into the rice
- Pour the cooking liquid from chicken which was set aside over the rice
- Cover, do NOT mix
- Cook on slow heat 20-30 minutes

Serve

- Cover pot in which chicken and rice were cooking with a large platter
- Turn the pot upside down on the platter so that the chicken is on top
- Drizzle the topping over the dish – or leave on the side for individuals to do themselves
- Serve with leafy green vegetable, cooked or as salad