

**Recipe for “Baghali Polo with Morgh”, a traditional Persian cuisine
(Means Rice with Broad Beans and Chicken)
Parastoo Sadeghi**

Like all great cooks and chefs, Parastoo doesn't use exact measures and advises people to use their own cooking expertise if the proportions don't seem right.

Ingredients for rice (for 3-4 people):

Basmati rice: 1.5 cups
Broad beans: 1 cup
Dried/fresh dill: 0.5 cup/2 bunches (chopped very finely)
Vegetable oil: 0.25 cup
Lebanese bread: 1 loaf
Zafran (optional): tiny bit
Butter: 50 grams

Ingredients for chicken (for 3-4 people):

Chicken thigh fillets: 0.5 kg (chopped)
Onion: 1 big finely chopped
Garlic: one clove
Salt, turmeric, black pepper, zafran (very finely blended)
Vegetable oil: 2 tablespoons
Lemon juice: 3-4 tablespoons

How to cook rice:

1. Wash and soak 1.5 cups of Basmati rice for at least 1 hour before making the dish. Add 4-5 tablespoons of salt to the water (the rice should be long grain rice, the best you can find in big supermarkets is called Taj).
2. Peel 1 cup of broad beans. You can buy frozen broad beans from big supermarkets, they have a skin which you should remove.
3. Fill half of a large pot with water and bring it to boil.
4. Add rice and beans to the boiling water on high heat. Bring the water back to boil. This may take 3-4 minutes. Stir very occasionally. Let them boil for another 2 minutes, until rice grows in length and is semi-soft. (Don't cook rice completely, because it will get very sticky later on).
5. Drain the rice and the beans.
6. Now clean the pot, pour oil to the base and heat it a bit. Spread the bread all over the oily base.
7. Now make layers of rice and beans and chopped dill in the pot. Pour 0.25 cup of cold water over the mixture. This will steam later and help the rice cook completely.
8. Put the pot back on the stove and cover the whole lid (inside and outside) with a clean tea towel and push firmly over the pot. This is very important so that the steam is locked inside. Do not open the lid while the rice is cooking. Let the rice cook for 30 minutes on medium heat. The rice is ready when there is plenty of steam in the upper part of the pot.
9. In the meantime, blend zafran very finely using spice blender. Add 1 tablespoon of hot water to a tiny bit of zafran. Use a small part of the cooked rice to blend with the watery zafran.
10. Melt butter and pour it all over the rice in the pot. Serve rice in a big plate and use the zafraned rice to decorate your rice.

How to cook chicken:

1. Medium brown finely chopped onion with oil in a deep frypan.
2. Add chopped chicken and chopped garlic. Add salt, turmeric, and black pepper. Stir for a minute.
3. Cover the lid and cook on medium heat for a few minutes (5-6 min.), until chicken is juicy and semi-tender.
4. Remove the lid, stir the chicken for a few more minutes, until it is golden.
5. Sprinkle 0.5 teaspoon of dried zafran over the chicken.
6. Add $\frac{3}{4}$ cup of hot water and lemon juice to the pan and cover with the lid.
7. Let the chicken cook for 20-30 minutes on low heat, or until the water is almost (bit not completely) evaporated.
8. Serve chicken as a side to rice or combine with the rice in your big plate in layers.