



TAHCHIN

RECIPE BY: BY SANAZ DOOST

INGREDIENTS

- Basmati Rice
- Yogurt
- Eggs
- Saffron
- Oil
- Onion
- Filling Options
- Spices
- Barberries

INSTRUCTIONS

1. Prepare the Saffron: Grind a few saffron threads with a pestle and mortar. Place the ground saffron on a couple of ice cubes or a small amount of water to bloom, allowing it to release its vibrant color and fragrance.
 2. Prepare the Filling: Heat olive oil in a pan and sauté the sliced onion until golden. For a vegetarian version, add cubed eggplant to the pan and season with turmeric, paprika, salt, and pepper. Cook until the eggplant is tender. Stir in a tablespoon of bloomed saffron, then set the filling aside.
 3. Par-Cook the Rice: Rinse the rice a few times to remove excess starch, then cook it in boiling water for 5-7 minutes, just until the grains are soft on the outside but still firm inside. Drain the rice and set it aside.
 4. Make the Rice Mixture: In a large bowl, whisk together the eggs, yogurt, vegetable oil, and saffron until smooth. Stir in the par-cooked rice, making sure the mixture evenly coats all of the rice grains.
 5. Layer the Dish: Grease a baking pan with oil. Spread half of the rice mixture in the pan, then layer the eggplant filling on top. Finish by covering with the remaining rice mixture.
 6. Bake: Cover the pan with aluminum foil and bake in a preheated 350°F (175°C) oven for about 1 hour and 20 minutes. The top should be golden and crispy with a nice, crunchy crust.
 7. Flip and Serve: Allow the Tahchin to cool for about 20 minutes to firm up. Loosen the edges with a spatula, then place a large platter over the pan and flip it over. The rice should slide out easily, revealing the beautiful golden crust.
 8. Prepare the Barberries: In a small pan, melt butter and add the barberries along with a pinch of sugar. Sauté for 3-5 minutes until the barberries become shiny and glossy. Be cautious not to burn them.
 9. Garnish and Serve: Top the Tahchin with the sautéed barberries, and optionally sprinkle with slivered almonds and pistachios and rose buds for extra crunch. Slice and serve this fragrant, golden dish.
- I would like to serve Tahchin with Persian marinated olive: Green olives marinated in a herb, garlic, walnut and pomegranate paste to create an incredible and deliciously tangy appetizer.

CARATS × CARROTS
BY COUTURE