

One recipe of Iranian Chelo (white rice):

Chelo is rice that is served over a meat, like a kebab. It is light and fluffy, and has a taste like no other. Polo is the mixture of Chelo and some other gradients.

Total Time: 45

- 3 cups basmati or long grain rice
- 8 cups water
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt

Wash rice in cold water, Drain and place in large bowl. Add about 8 cups of warm water. Allow to sit for 2-3 hours covered.

After rice has soaked, drain and save 6 cups of the water.

Pour rice water into a medium saucepan and bring to a boil. Add rice and salt. Allow to cook for about 10 minutes. Remove rice from heat and drain.

Pour vegetable oil in bottom of saucepan, add rice, then 2 tablespoons of vegetable oil on top. Simmer on low for 20 minutes or until rice is done.

Zereshk (Barberry) polo/ Keshmesh (Raisins) polo:

- 1 cup Barberry OR Raisins
- 3 tablespoon Pistachio (better with Barberry) OR Walnuts (better with Raisins)
- 2 onions
- 2 tablespoon vegetable oil
- 1 teaspoon Saffron put into 2 cup hot water for at least 10 mins

In about 10 minutes after the rice started to steam get three spoons of the cooked rice and mix with the saffron solution, leave it alone. Wash the Barberry/Raisins. Peel and chump (tiny slice like small moon shapes) the onion and fry in a pan with the vegetable oil so it becomes golden. Add the Barberry/Raisins and Pistachio/Walnuts which you already have sliced into small pieces, or bought in that format! If the Barberry tastes Sauer to you add also 1 tablespoon sugar at the end and turn off the cooker. When your rice is ready to serve decorate it with the two mixtures you have already prepared (the saffron rice and the Barberry/Raisins). This type of Polo in Iran is usually served with chicken 😊

Saffron Preparation:

Grind a few amount of Saffron so it becomes more or less a powder. Add it to ¼ cup of water and put cover on it to let it brew. Best would e to put the cup inside the pan (on top of the rice) while your rice simmers. When the color of the liquid became fully red put several spoons of your cooked rice into the cup and prepare your Saffrony rice to decorate the dish.

