

# Persian Tahdig Recipe

## Ingredients:

- 2 cups Basmati rice
- 4 cups water
- 1/4 cup vegetable oil or ghee
- 1/2 teaspoon saffron threads (optional)
- 2 tablespoons hot water (if using saffron)
- Salt, to taste

## Instructions:

### Rinse and Soak the Rice:

- Place the Basmati rice in a large bowl and rinse it under cold running water until the water runs clear. This helps remove excess starch.
- After rinsing, fill the bowl with water and let the rice soak for at least 30 minutes. This step helps the rice cook evenly.

### Boil the Rice:

- In a large pot, bring 4 cups of water to a boil.
- Drain the soaked rice and carefully add it to the boiling water.
- Add salt to taste. Stir gently.
- Allow the rice to boil for about 5-7 minutes until it's parboiled. The rice should be slightly firm but not fully cooked. You should be able to break a grain easily between your fingers. Avoid overcooking.

### Drain the Rice:

- Once the rice is parboiled, drain it in a fine-mesh sieve or colander. Rinse it with cold water to stop the cooking process. Set it aside.

### Prepare the Saffron (Optional):

- If using saffron, grind the saffron threads into a fine powder using a mortar and pestle.
- Add 2 tablespoons of hot water to the saffron powder and let it steep. This will create a saffron-infused liquid.

### Create the Tahdig Base:

- In a non-stick or heavy-bottomed pot, add the vegetable oil or ghee.
- If using saffron, pour a layer of the saffron-infused liquid into the bottom of the pot. This will create a beautiful golden crust.
- Place the pot on low heat and let it heat up for a minute or two.

### Add the Parboiled Rice:

- Carefully add the parboiled rice to the pot, spreading it evenly.
- With the back of a spoon, create a well in the center of the rice, allowing it to touch the bottom of the pot.

### Create Steam Holes:

- Use the handle of a wooden spoon or the back of a spatula to create several holes in the rice, going all the way to the bottom. These holes allow steam to escape and help the crust form.

### Steam and Crispen the Tahdig:

- Place a clean kitchen towel or a few layers of paper towels on top of the rice. This helps absorb excess moisture.
- Cover the pot with a tight-fitting lid.
- Cook on low heat for about 30-45 minutes, allowing the rice to steam and the crust to form. You'll hear a faint sizzling sound as the crust forms.

### Serve the Tahdig:

- Once the Tahdig is ready, carefully remove the pot from the heat.
- Gently loosen the edges of the rice with a spatula.

- Place a large serving platter over the pot and, holding both the platter and the pot, invert the pot onto the platter. The golden, crispy Tahdig should come out in one piece.

Enjoy:

- Serve the Persian Tahdig immediately as a delightful side dish alongside stews, kebabs, or your favorite Persian dishes.
- Break the Tahdig into pieces and enjoy the crispy, golden goodness along with the fluffy rice.