

Persian Rice Pilaf

Bialik College Kitchen Garden Program



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Ingredients:

- 300g Basmati rice, rinsed
- 1/3 sultanas, soaked in hot water
- 1 tablespoon olive oil, plus extra for dressing
- 1 tablespoon butter
- 2 onions, finely chopped
- 1 garlic clove, minced
- 4 large tomatoes, diced
- 1 large handful of fresh dill, finely chopped
- 1 large handful of fresh parsley, finely chopped
- 1 large handful of mint, finely chopped
- ¼ teaspoon salt, to taste
- ¼ teaspoon pepper, to taste
- 600mL Chicken style of vegetable stock
- 1 fresh pomegranate, to serve
- 200g feta, crumbled to serve

Equipment:

- Metric measuring scales, spoons and jug
- Sieve
- 2 small mixing bowls
- 2 clean tea towels
- Chopping board
- Cook's knife
- 2 medium sized bowls
- Medium-sized heavy-based saucepan, with lid
- Wooden spoon
- Fork
- Serving platters

Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put the rice in a medium-sized bowl and fill with water. Set aside to soak for up to 1 hour.
3. Drain the sultanas and chop into tiny pieces.
4. Heat the oil in the saucepan over a medium heat.
5. Add the butter. When it starts to foam, add the onion and cook until softened, about 2-3 minutes.
6. Add the garlic, sultanas and tomatoes.
7. Cook, stirring occasionally, until the onion is translucent and the sultanas and tomatoes have softened.
8. Drain the rice and add it to the saucepan along with half of the herbs.
9. Season with the salt and pepper.

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10. ***Add the stock and bring to the boil, uncovered.** Do not stir! Let it boil vigorously for a few minutes until the surface of the rice is pitted with small holes. The water level will seem to have dropped just below the top of the rice.
11. Wrap a clean tea towel around the saucepan lid so that the underside of the lid is covered. Tie the ends securely on top.
12. Place the lid securely on the saucepan. The tea towel will absorb the steam and make your rice fluffier.
13. Turn the heat down to the lowest setting and cook for 20-25 minutes.
14. Cut the pomegranate in half and holding the cut side over a medium sized bowl, give it a good hit with a wooden spoon. The seeds should fall out into the bowl.
15. When the rice is cooked, fluff it with a fork, scraping up any golden crust on the bottom of the pan. Stir in the remaining fresh herbs, add a splash of olive oil and check for seasoning.
16. Serve the pilaf on platters. Sprinkle with the crumbled feta and scatter pomegranate seeds on top.

***Adult supervision required.**