

## **Baghali Polo**

3 cups of basmati rice  
1 ½ cup frozen peeled broad beans  
½ cup dried dill  
1 clove of garlic, finely chopped  
Salt & pepper for seasoning  
Sunflower oil  
¼ cup brewed saffron

Rinse the rice for several times with cold water and cover it with clear, cold water and 2 ½ tbsp of sea salt, let it soak for at least 30 minutes

Fill a large saucepan with water and bring it to boil, get rid of the excess water on top the rice, as best as you can. Let the rice come back to boil and cook for 5 minutes, now add in the frozen broad beans and cook for another 2 minutes or until the rice is almost cooked and the broad beans are cooked

Drain the rice and broad beans in a large colander

Put a large, non-stick pan on a medium heat, cover the base with oil and add in enough rice to have a layer of rice, add a tbsp of dried dill and stir well, add more rice and dill, followed by chopped garlic and pepper. Last layer should be rice and dill.

As per Iranian custom, poke a few holes into the rice, using the wooden spoon handle. This allows steam to escape, for added flavour, you can fill the holes with pieces of butter.

As soon as the rice started sweating, bring the temperature down to the lowest possible. Let the rice cook on a low heat for 20 minutes

Add a drizzle of oil before, mixing a couple of tablespoons of rice with brewed saffron

Transfer the rice in a serving platter and cover it with saffron rice and enjoy with Shirazi salad and yoghurt.