

Tahchin e Bademjoon

2 cups of basmati rice
2 medium aubergines, peeled and cut in 1 cm slices
½ tsp of ground saffron, brewed in ¼ cup boiling water
1 large egg yolk
¼ cup Greek style yoghurt
½ tsp ground cinnamon
Salt & pepper to season
Sunflower oil, enough to fry the aubergines and cook the rice
¼ cup barberries
1 tbsp butter
½ tsp sugar
1 tsp almond slivers
½ tsp pistachio slivers

Put the rice in a medium bowl and rinse with cold water several times and top it with clear water {you can put the rice in a large sieve and rinse it out, then transfer it in a bowl and cover with cold water}
Add 2 tbsp of sea salt to the rice and let it soak while you prepare the aubergines.

On a medium heat, add enough oil to a large frying pan to cover the base, place the aubergine slices and fry until golden and soft.
Lay the fried aubergines on a tray lined with kitchen paper and season with salt and pepper generously.

Fill a medium saucepan half-way with boiling water, get rid of the excess water on top of the soaking rice, as best as you can and add the it to the boiling water. Let the rice to cook in water for about 7 minutes or until the grains come to the surface and almost cooked with a slight bite.
Drain the rice in a colander.

Oil the base and sides of a small oven proof glass pan.
Preheat the oven at 180C.

In a bowl, beat the egg yolk, yoghurt, saffron, cinnamon and 2 tbsp of oil
Add in the rice and mix gently, make sure you don't break the rice grains

Cover the prepared pan with a thin layer of the rice mixture, followed by a layer of fried aubergines. Repeat the layering, finishing with a rice layer.

Cover the pan with the lid or a piece of aluminium foil and place in the oven

Bake the tahchin for 45 minutes or until the base and sides are golden.
Flip the rice over a serving platter.

Rinse the barberries in cold water and fry in the melted butter with the sugar on a low heat add in the nuts and top the rice with the berry mixture.