

Havij Polo

4 cups of basmati rice
2 tablespoon salt
2 big carrots cut julienne stylesalt
1 tablespoon sugar
1/2 teaspoon fresh lemon juice
1/2 cup barberries (zereshk) washed
1/2 cup raisin, washed
1/2 cup mixed pistachio and almond silvers
Sunflower oil, enough for rice and carrot mixture
Zest of one orange



Put the rice in a medium bowl and rinse with cold water several time 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 and salt}

Fill a medium saucepan half-way with boiling water, get rid of the access 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. Put a large non-stick saucepan and fill with enough oil to cover the base. Add rice and poke a few holes, using handle of a wooden spoon. Put the lid. Cook for about ten minutes or until the steam starts to come out, pour 2 tablespoons oil and 2 tablespoons of water over the rice, lower the heat, cover and cook for 25 minutes.

Meanwhile place the carrots in a small heavy based saucepan followed by sugar, lemon juice, 1/2 teaspoon of prepared saffron and 1/2 cup of cold water. Cook on a medium heat until it comes to boil. Lower the heat and cover the saucepan with a lead.
Let the carrots to cook for about 10 minutes until tender and most of the liquid is reduced.

In a large frying pan heat 2 tablespoons of oil. Remove the pan from the heat, add in barberries, raisins, carrots and the nuts, followed by saffron rice.

Serve the rice on a Large platter, top with saffron rice and carrot mixture. Sprinkle with the orange zest.

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