



Posted on 17 September 2012

by Mrs. Adabi

Zereshk Polo ba Morgh



Ingredients

1 medium onion, chopped
2-3 chicken breasts (or other chicken parts), cut up into pieces
liquid saffron
1.5 oz. sugar
20oz rice, soaked in salt water
3 oz. zereshk (barberries)
salt/pepper
turmeric
oil
Servings
4
Person

Preparation

- 1 In a pan, saute onions until tender then add cut up chicken pieces. Stir in the chicken pieces around and add salt, pepper and turmeric powder
- 2 Add 1 cup water and cover the pan for the chicken to cook
- 3 Set the temperature on medium- low and let it cook for 30-45 minutes
- 4 Once cooked you can keep 1/2 cup of the chicken stock (after straining it) if you wish to pour it over the rice
- 5 In a large pot bring water to a boil, and then add the drained rice
- 6 Once the rice boils drain it and add about half a cup to one cup water to the pot, oil, and if you choose butter
- 7 Set the pot back on the stove and leave it on high temperature
- 8 Pour the rice into the pot. At this time if you chose to save chicken stock you can pour it over the rice and the liquid saffron
- 9 Once this is done cover the lid of the pot with a towel and place it over the pot
- 10 When steam starts escaping from the sides of the pot you can take the temperature down to a low setting
- 11 Allow the rice to cook for 40 minutes to 1 hour.
- 12 Wash the zereshk (barberries) and place them in a small pot and set the temperature to medium
- 13 Add some oil to the zereshk (barberries) and add a tad bit of liquid saffron and then

pour a couple spoons sugar into the pot and mix

- 14 Once they have cooked you can turn the heat to low or turn it off
- 15 If you leave it on the stove too long it can be over cooked
- 16 Once you are ready to serve the rice put half the rice on a serving platter then mix $\frac{2}{3}$ of the remaining rice with $\frac{2}{3}$ of the barberries you cooked and pour on top of the rice on the platter. Then take the remaining rice and add saffron to it and the remaining barberries and decorate onto the top of the platter. Place the chicken around the platter or keep in a separate platter.
- 17 You can save some barberries to sprinkle on top of the chicken as well.

Cooks Note

Serves 4
