

CILANTRO-LIME PERSIAN-STYLE RICE

This rice dish is so addictive, and melds South American and Middle Eastern cultures in one amazing dish. Fragrant Basmati rice is cooked to perfection, served with the crisp brown bits (tahdig) on top or mixed in.

 1 hour 1 hour 6 portions

INGREDIENTS

- 1 cup Basmati rice
- 1/2 stick salted butter
- 2 tablespoons olive oil
- 2 cloves garlic, smashed and chopped
- 3 green onions, diced (white and green parts)
- 1/2 teaspoon cumin
- 1/2 cup cilantro leaves and stems, roughly chopped
- Juice of two limes (about two tablespoons)

COOKING METHOD

- 1° In a medium stockpot, bring salted water to a boil (about 8 cups of water and 1 tablespoon of salt). When the water is boiling, add the rice and turn down the heat to medium high. Watch the pot so that it doesn't boil over.
- 2° Cook the rice for about 7 minutes (it won't be done). Drain through a fine mesh colander (discard the cooking liquid).
- 3° Return the pot to the stove (it's OK if there are some pieces of rice left in the pot). Over medium heat, add the butter, olive oil, garlic, scallions, and cumin. Stir to combine, and gently heat for 3 minutes, or until the onions and garlic are just beginning to soften.
- 4° Add the drained rice back to the pot. Stir gently to combine with the garlic-scallion mixture. Turn the heat down to low, and cover the pot with a clean dish towel, then place the lid overtop the towel (you can fold the towel ends up and over around the handle if it's a long towel so that it doesn't hang over the pot).
- 5° Cook for 30-45 minutes, or until the rice starts to fluff. You'll know when the bottom is crisp when a gentle shake of the pan sounds like the rice is scraping the bottom. Check with a spatula if needed, gently folding up the rice to peek and see if it's brown and delicious. If not, cover and continue to cook over low heat until browned.
- 6° Add the cilantro and lime, and give the rice a final stir to break up the crispy bottom (keep the pieces fairly large) and transfer to a large bowl or serving platter.
- 7° Note; Traditional Persian-style rice is served on a platter in one piece; place a large serving platter over the top of the pot. Invert the pot so that the rice comes out in one piece, with the bottom intact. Serve immediately garnished with the lime juice and cilantro.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (74 g)	% DRI
ENERGY	309 kcal	230 kcal	11 %
FAT	17 g	12 g	19 %
FATTY ACIDS, TOTAL SATURATED	7 g	6 g	28 %
CHOLESTEROL	27 mg	20 mg	7 %
SODIUM	88 mg	66 mg	3 %
CARBOHYDRATE	37 g	27 g	9 %
SUGARS	1 g	1 g	—
FIBER	1 g	1 g	3 %
PROTEIN	4 g	3 g	—