



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September. 10 a.m. to 12 p.m.

www.cityofrochester.gov/marketflavors; www.democratandchronicle.com/roclavors

Guest Chefs for 9/17/16: *Persian Association of RIT Students*

Baghali Polo ba Morgh (Rice and Fava Beans with Chicken)

3 pounds skinless chicken drumsticks or thighs
2 ½ cups cold water
1 medium yellow onion, cut in half
1 ¼ tsp ground turmeric
1 ¼ tsp kosher salt
½ tsp ground black pepper

1 large yellow onion, sliced thin and fried to golden brown (4 ounces fried onions)
3 Tbsp. vegetable oil for frying the onion
2 Tbsp. tomato paste
¼ tsp optional saffron powder
1 Tbsp. fresh lemon juice
Extra water, as needed

Preparing the chicken: Add chicken pieces in a single layer to a 12-inch nonstick skillet along with water, onion halves, turmeric, salt and pepper. Bring the water to a boil over medium heat; skim off any foam from the top. Reduce heat to medium low, cover the skillet and cook for 45 minutes to 1 hour, or until the chicken is no longer pink inside and fork tender. Discard the onion halves.

In another skillet fry the sliced onions in 3 Tbsp. of vegetable oil until golden brown. Add tomato paste and saute for another 3-5 minutes over medium low heat until aromatic. Set aside. Sprinkle the top of cooked chicken pieces with the optional ¼ tsp saffron and use the back of a spoon to smear it on the surface. This will give chicken a rich saffron color as it cooks without using too much saffron; mix a few drops of the broth with saffron if needed.

There should be about 1 ½ inches of broth in the skillet at this point. Add extra water if needed. Add the fried onion mixture to the skillet and stir to mix it with the broth. Add fresh lemon juice and bring it to a boil. Cover the skillet, reduce the heat to low and simmer for 30 minutes. Turn the chicken pieces and continue to simmer covered for another 30 minutes until very tender. Serve over Fava Bean and Dill Rice (Baghali Polo).

Preparing the Fava Bean and Dill Rice (Baghali Polo):

2 ½ cups Basmati rice
Water (fill a 6-quart stockpot up to 2 inches from top)
¼ cup salt
14 to 16 oz. frozen or fresh green fava beans
4 Tbsp. vegetable oil

1 Tbsp. butter
Lavash or tortilla pieces (Tahdig)
1 cup chopped fresh dill or ½ cup dried dill
Dash of saffron, sprinkled on top of the rice before steaming (optional)

Measure rice into a large bowl. Fill the bowl with cold water and move rice around with your fingertips several times. Repeat twice until the water looks cleaner; it will remain cloudy. Fill a 6-quart stockpot up to 2 inches from the top with water. Bring the water to a rolling boil over medium high heat. Add salt and rinsed rice and fava beans while stirring it couple of times very gently with a large slotted spoon or spatula so grains don't clump together. If the rice foams up and overflow, reduce the heat slightly but maintain a continuous boil.

After about 7 minutes, when the rice is firm in the center and tender on the two ends immediately drain in a colander and rinse with cold water. Heat the oil and butter in a nonstick pot, cover the bottom of the pot with lavash or tortilla pieces.

Add 1/3 of the cooked rice and fava bean mixture over the lavash. Sprinkle with 1/3 of the fresh or dried dill. Repeat two more times until you have used up all the rice mixture and dill. Sprinkle the top with the optional saffron. Cover with a kitchen towel and steam over medium low heat for 45 minutes to one hour, or until steam rises, the rice grains are tender, and the Tahdig is crispy and golden.

Persian Halva (Dessert)

2 cups wheat flour
1 cup sugar
1/4 cup cooking oil

1/2 teaspoon saffron
1/2 cup rose water
slivered pistachios

sliced almonds

Heat oil in a frying pan. Add flour, reduce heat and stir frequently until becomes golden. In another pot, add the sugar to one glass of water and bring to a boil. Add saffron and rosewater to boiling water and stir. Let flour cool slightly, then add the liquids and stir well. If the mix is not thick, heat for 1-2 minutes but not longer. Serve with pistachio and almond sprinkled on top. Serves 4. www.food.com/recipe/persian-halva-392114

Upside Down Layered Saffron Rice & Chicken (Tah-Chin)

2 1/2 cups long grain basmati rice, rinsed and soaked in water with 1-2 tablespoons of salt for 2 hours. Drain before cooking.

3 eggs, yolks only

1 1/2 cups plain yogurt

1/2 teaspoon ground saffron, dissolved in 3-4 tablespoons of hot water

2 boneless skinless chicken breasts

1 large onion, peeled, and thinly sliced

A pinch of turmeric

Salt and pepper to taste

2-3 tablespoons butter or vegetable oil

2-3 tablespoons chicken stock (optional)

Water

Place the raw chicken breasts in a pot along with onion. Add turmeric, salt and pepper to taste. Add a cup of water, bring to boil on medium-high heat, lower the heat, cover and cook for an hour on medium-low heat. Set aside to cool. Remove the bones if other parts of chicken are going to be used. Bone removal is easier if it's done after cooking. Cut the chicken into small pieces. Bring 6 cups of water to a boil in a large pot on medium-high heat, add the rice and boil for about 10 minutes or until rice grains are soft on the ends and firm in the center. Drain and pour some cool water over it to wash away the starch and to separate the rice grains. This cool water rinse means more fluffy rice. Set aside.

In a medium size mixing bowl combine yogurt, yolks, salt and pepper. Mix well. Add 2 cups of rice to the yogurt mixture, blend well. In a nonstick pan that's not too deep, place butter and a tablespoon of liquid saffron*. Move the pan in a circular motion to cover the bottom uniformly. Ladle 2/3 of the rice and yogurt mix into the pan, flatten with a wooden spoon, layer chicken pieces evenly and cover the entire surface. Pour the rest of the yogurt mix over the chicken pieces. Add the remaining rice, flatten the top with the back of a large spoon while pressing down. Pour chicken stock and the remaining liquid saffron over the rice.

Place the pot on medium-high heat. When you notice a steam coming up, lower the heat, cover and cook for one hour until the crust forms and the flavors come together. Since there's yogurt and egg yolk at the bottom of the pan it can easily burn, so adjust the heat setting of your stove accordingly. To serve this dish let it cool for a few minutes, this way the crust comes off easier. Place a round serving platter that is larger than the diameter of the pot. Hold firmly while wearing mittens, you don't want to burn your fingers! Then gently turn the pot over. Garnish if you like. Serves 4-6. For video or images of the steps: <http://turmericsafron.blogspot.com/2010/01/tah-chin-persian-upside-down-layered.html>