

COOKING CUISINE

18th May 2022

Baked Persian Rice with Fennel, Celery and Grape Salad

Serves 4-6



Equipment

- Glass Baking Dish
- Large Saucepan
- Small Saucepan
- Spatula or Wooden Spoon

Ingredients

- 1 teaspoon saffron threads
- Zest of 1 orange
- 2 cups basmati rice
- 2 tbsp butter
- ½ cup (40gr) dried cranberries (or dried cherries)
- 3 tsp golden raisins (sultanas)
- 1 teaspoon rose-water (optional)
- 3 large egg yolks
- 1 cup plain whole-milk yoghurt (not Greek ideally as too thick)

- 5 tbsp vegetable oil, plus extra for greasing the baking dish
- 4 tsp kosher salt

Directions

- Using a pestle and mortar or spoon and bowl, grind the threads.
- Mix with 3 teaspoons of warm water in a large bowl
- Let sit until the water develops a rich deep orange colour
- Meanwhile zest the orange and rinse the rice well until the water runs clear.
- Bring a large saucepan of water to the boil and add 1 ½-2tsp of salt
- Once boiling, add the rice and stir through. Cook stirring occasionally, until the rice starts to rise to the top but still has 'bite'. (approx. 6-7 minutes)
- Drain and rinse with cold water
- Melt the butter in a small skillet over low-medium heat. Cook the cranberries and raisins, stirring continuously until they have plumped up. (approx. 2 minutes)
- Remove from the heat and stir in the orange zest and rose water
- Pre-heat the oven to 200°C, placing the rack in the lower part of the oven
- Add the egg yolks to the bowl with the saffron mix and whisk to cream the yolks.
- Add the yoghurt, oil and remaining salt and mix well with a spoon or spatula.
- Add the rice to the bowl and fold in gently to the yoghurt mixture, ensuring each grain is coated
- Coat a glass baking dish with oil and add half the rice mixture, gently packing the rice down in the process.
- Scatter half the fruit mixture over the rice and fill the dish with the remaining rice. Press down firmly to compact the rice.
- Cover the dish well with tin foil and press firmly around the edges.
- Bake in the oven for around 60-70 minutes or until you can see the rice is golden brown and crisp at the bottom.
- Remove the foil and let cool for a few minutes
- Loosen the rice around the edges with a knife. Place a large enough plate over the top of the dish and flip onto the plate.
- Scatter the remaining fruit and butter mix over the top.
- Slice and serve with salad or flat bread.

Fennel Root Celery and Grape Salad

Serves 4-6



Equipment

- Salad Bowl
- Small bowl
- Whisk
- Chopping board and knife or mandoline

Ingredients

- 1 large fennel bulb with fonds
- 1 medium root celery (washed and peeled)
- 1 cup parsley
- 2 cups seedless grapes (red, ideally) or 2 red apples cut into chunks
- ¼ cup (30gr) toasted walnuts (or pistachios or seeds or nuts of choice)
- 3 tbsp lemon juice
- 1 small finely chopped shallot
- ¼ cup of olive oil
- ½ tsp honey or maple syrup
- Salt and freshly ground pepper for seasoning

Directions

- Finely slice the celery root into match-sticks and slice the fennel finely, preserving the fonds. Chop the parsley
- Add the Fennel, celery, grapes and parsley to a bowl.

- In a separate small bowl, whisk the lemon juice with the honey, salt, pepper and olive oil until well combined and add the chopped shallots,
- Add the dressing to the salad and top with fennel fonds, walnuts or pistachios