

Tahchin

A classic Persian dish of savory saffron rice cake with chicken

Serves: 8-10

Ingredients:

- 1 cup uncooked basmati rice
- 6 cups water, divided
- 2 tablespoons and a pinch of salt
- 2 ½ cups plain yogurt
- 1 tablespoon pepper
- 2 tablespoons and a pinch of saffron
- 5 eggs
- 1.5 pounds chicken tenderloins
- 2 tablespoons melted butter
- 1 cup dried barberries



Directions:

- Preheat oven to 350 °F (180 °C).
- In a medium saucepan over high heat, combine basmati rice, 1 ¾ cups of water, and a pinch of salt. Bring to a boil, uncovered. Stir, reduce heat to simmer, cover, and cook for 25 to 30 minutes. Set aside.
- In a large bowl, combine yogurt, pepper, and remaining salt. Set aside.
- In a small bowl, add 2 tablespoons of saffron to ¼ cup of boiling water (creating bloomed saffron) and stir well.
- Add the bloomed saffron, 5 eggs, and cooked rice to the yogurt mixture, stirring well after adding each item. Set aside.
- In a medium saucepan, bring the remaining 4 cups of water to a boil, then add a pinch of saffron to the water. Add chicken tenderloins to the water and boil for 10 minutes. Let cool and then shred the chicken by hand.
- Line an oven-safe pan with foil and add 2 tablespoons of melted butter to the pan. Line the bottom of the pan with 1/3 of the yogurt-rice mixture. Add shredded chicken and top with the remaining yogurt-rice mixture.
- Bake in a preheated oven for 30 minutes. Remove pan from oven and let cool for 10 minutes. Once cool, carefully turn the pan over, remove foil, and transfer to a serving dish. Sprinkle with dried barberries and serve.

Recipe courtesy of Wells Fargo small business customer Sadaf Salout — chef and owner of Sadaf, a Persian restaurant in Encino, California.