

# FOUR JEWS MAKING FOOD



## Two Jews Making Food Episode 10 TAHDIG

Recipe by Alexis Krisel of Lil' Birdie, Sag Harbor

### TAHDIG

Serves 2-4 people

#### Equipment:

- 1 large pot
- 1 small non-stick skillet
- 1 large mixing bowl
- Aluminum foil

#### Ingredients:

- 2 Cups Basmati rice
- 1/4 Cup Greek Yogurt
- 6 strands saffron, steeped in 1 Tbsp. of hot water
- 1/2 Cup Butter, softened

#### Instructions:

- Place Basmati Rice in a large mixing bowl, and fill with cold water. Gently wash rice by swishing it around with your fingers, then drain. Repeat until water runs clear (about 3 times).
- Cover the rice with cold water, add 1 Tbsp. of salt and gently stir. Soak the rice for at least 30 minutes or up to 8 hours.
- Fill a large pot with plenty of water, bring to a boil and add 2 Tbsp. of salt. Drain rice (but don't rinse) and add it to the pot of boiling water. Cook rice for 5-7min depending on the type of basmati rice.

- Drain rice in a colander and give it a quick rinse with lukewarm water. Set aside.
- In a large mixing bowl, combine yogurt and saffron, mix until saffron is incorporated into the yogurt, then gently mix in 1 heaping cup of cooked rice.
- Coat the small non-stick pan with  $\frac{1}{4}$  cup softened butter, fill the small non-stick pan with the rice mixture, cover with aluminum foil and cook over medium-low heat for 7 min.
- Remove foil, raise heat to medium and add more softened butter to the sides of the non-stick pan. Cook for 5 minutes, or until the rice at the edge of your pan starts to brown.
- Turn off heat, place a plate on the pan and flip to uncover the rice. Rice should have a golden brown and crispy top layer.
- Garnish with pistachios or currants or simply with a spoon.

Enjoy!