

Lubia Polo

Green Bean and Rice Persian Style

(American/Iranian Version, ZML ©)

Ingredients:

½ Sweet or white onion, chopped
2 C. Green Beans, cut into ½ inch lengths
3 Tomatoes, ripe plum
3 C. Basmati Rice
3 Tbs. Olive or other oil of choice

Seasoning:

Black Pepper
Turmeric
Coriander, ground (or Advieh, a Persian spice mix available in Middle Eastern stores)
Red pepper flakes (optional, but important for excellent outcome)
Dried lime, powdered (also available in Middle Eastern stores)
2 Tbs. fresh Lime or lemon juice
Salt

Prepare:

Wash and soak rice in water to cover up to 3 hours (1 hour is acceptable)

Sautee onions on medium high heat in ½ of the oil until they begin to caramelize, then reduce heat and add:

A sprinkle of black pepper

¼ tsp. Turmeric

¼ tsp. salt

Remove onions from skillet after several stirs with the seasonings, leaving the oil for the next step.

Add the green beans to the skillet on medium high heat

Stir and simmer in the seasoned oil until they begin to shrivel, add a Tbs. oil if needed.

Reduce the heat, add the same seasonings that you added to the onion to the green beans, stirring to blend and incorporate into the beans. This step might take 10-15 minutes, but you can do other activities and stir from time to time, the result of this slow browning is the best flavor.

Remove the beans from the skillet, add the tomatoes whole, and raise the heat just enough to cause them to simmer. I don't peel them until they begin to lose their skins in the skillet, but you could do a boiling water bath first, remove the skins, and then start the skillet preparations. Either way, remove the skins, and squeeze the goodness out into the simmering skillet.

Add the same seasonings that were added to the other two items, this time also add the lime powder and fresh lime or lemon juice, and the hot pepper. When the tomato has thickened and become a lumpy sauce, return all the other sauteed ingredients to the pan, stirring them together for 3-4 minutes. Set the bean combination aside while you prepare your rice.

Rice- To preboil rice: Add about an inch of water to a deep covered pan and bringing it to boil, with a drizzle of oil and all the salt you wish to use for the rice. (1 tsp per cup of rice.) Lift the rice out of the soaking water; place it into the boiling water and cover. Let it boil until you see the water has reached the level of the top of the rice. Take the pan off the stove and let it sit on the side for 4 minutes.

Rice cooking pan - Put a bit of oil in the bottom of the pan, then using a large spoon, or a perforated skimmer, layer the rice and the bean mixture into the pan, starting and ending with rice. Drizzle a bit of oil over the whole pan, cover and steam.

If you use a Persian rice cooker, it will make perfect tahdig and will take about an hour to steam completely. If you use any other pan, one with a ceramic liner or other releasing finish will still make a perfect tahdig, but you will have to monitor the heat, since it should be set on a low setting, but should still steam the rice.

If you put a cloth or paper towel layer between the pan and the lid, you will prevent the steam from dripping back into the rice and make it more evenly cooked.

You can also add a layer of lavash, sliced fresh potatoes (slightly salted), or a scoop of rice mixed with yogurt (or vegan sub) and some saffron (crushed and soaked in water) to the bottom of the pan, then do the layering.

When it is finished, flip it on a plate and you'll have a beautiful centerpiece for your meal.

Nushe' – jan!