

This recipe is from *honestandtasty.com*

Persian Chicken and Rice with Saffron (Morgh Polo)

Makes 4 to 6 servings

4 cups rinsed basmati rice
Extra-virgin olive oil or butter
½ teaspoon ground saffron mixed into ¼ cup hot water
3 pounds chicken (tenders and thighs with skin)
1 white or yellow onion, diced
1 teaspoon ground turmeric
1 tablespoon salt
1 teaspoon pepper

Make rice: Boil water in a large pot and add plenty of salt (as you would if cooking pasta) and rice. Cook over medium-high heat (don't let it overboil) until rice is just hard in the middle and soft on the outside (al dente rice!). Drain rice into a colander.

Add olive oil to pot to cover bottom and set over medium heat. Return rice to pot, poke some holes with back of a spatula almost to bottom of pot to release steam, and cover.

When steam rises to lid of pot (this is easy to tell with a clear lid; otherwise, wait about 5 minutes), remove the lid and drizzle 2 tablespoons melted butter or olive oil along with most of the saffron-water mixture (about 3 tablespoons) to the top (the rest will be added to the chicken). Replace the lid with a large folded napkin or kitchen towel placed directly and tightly underneath it to catch the steam.

After about 5 minutes, reduce heat to medium-low and cook about 30 minutes or until pot sizzles when you splash a couple drops of water on the side of it — whichever happens last. You can either carefully flip the rice over onto a serving platter so that you can see the beautifully crisp tahdig (crispy rice at the bottom of the pot) or just serve yourself directly out of the pot, but make sure to dig for some tahdig at the bottom! It's a treat!

Meanwhile, cook chicken: In a large pot over medium-high heat, add a splash (or about 1 tablespoon) of olive oil. After oil is hot, swirl it around the pot and add chicken thighs, skin down. Let them cook a few minutes; they should be easy to lift up. Flip over and cook a few more minutes on other side, then remove them from the pot and onto a plate.

Cook chicken tenders the same way and then return chicken thighs to pot along with onion. Place over medium heat, add turmeric powder, salt and pepper, and move everything in the pot around to coat.

Add about 3 cups water to pot to keep it from burning, mix ingredients around, and place lid on top.

Cook about 20 minutes. Add remaining saffron-water mixture to top of chicken, reduce heat to medium-low and cook about another 20 minutes or until chicken is tender.

If liquid in the pot starts to evaporate, add more water; don't let it dry out.

Serve chicken over rice.