



# Rozina's Persian Kitchen

*The Persian Cooking  
Academy*

*5 selected rice dishes*



# Hi everybody!!

**I'm Rozina Dinaa**

*Welcome to my free e-book with selected rice recipes from my Web Page*

*Most recipes are suitable for vegetarians and vegans.*

*You can find me at [rozinaspersiankitchen.com](http://rozinaspersiankitchen.com)*



# Selected Rice Dishes From Rozina's Persian Kitchen







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*Talk doesn't cook rice.*

*(Ancient Chinese Proverb)*







# 1 Persian Lentil Rice



*Let's start with the first rice dish*

## Persian Rice with Lentils (Adas Polow)



### Ingredients

- 200g Basmati rice
- 1 cup cooked brown lentils
- 1 medium onion, grated
- 4 tbsp raisins
- 12-13 pitted and halved dates
- ¼ tsp cinnamon
- 1tbsp saffron water (Saffron threads soaked in hot water)
- salt to taste
- Butter

### Method

Wash the rice and soak in salted water for 1hour. Dissolve Saffron in 2 tbsp warm water.

Melt the butter in a pan. Add raisins. Stirring for 2-3 minutes, and set aside. In the same pan, melt some butter and add dates. Fry until they are golden. Set aside. Fry grated onion in the pan until golden. Then add cinnamon and fried onion to the raisins and some to the dates.

Drain the rice and add to a pan of boiling water. Cook for 10 minutes over a medium to low heat. Then drain and rinse the rice with cold water.

Add cooked lentils to the rice and mix. Pour 2tbsp vegetable oil in the pot. Place the mixed rice in the pot. Cover it with a lid and allow to cook over medium to low heat for 25 minutes.

Once it is ready, mix 2 tbsp of cooked rice with saffron water and mix.

Serve the rice in a plate. Top it with saffron rice, fried raisins and dates.

Lentil rice goes well with salad or mixture of Greek yogurt with chopped cucumbers.









# 2 Persian Turmeric Rice



*Rice with Fava Beans and  
Turmeric*



## Persian Turmeric Rice (Dampokhtak)



### Ingredients

- 2 cups rinsed Basmati rice
- 1 cup dried yellow Fava beans  
– cooked and boiled
- 1 large onion – sliced thin
- 1 tsp turmeric powder
- 2 tsp Salt
- Chilli flakes to taste
- Butter

### Method

Melt the butter in a pan and add the onion. Sauté until slightly golden.

Add turmeric and stir frequently for 1 minute..

In a pot, add 3 cups of water, 2 tsp salt, rice, fried onion, cooked beans, and chilli flakes. Gently stir to blend all ingredients. Place the lid and cook over medium-low heat for 25-minutes.

Once the rice is ready, transfer it to a serving dish with pickled vegetables, or Greek yogurt or salad.

It is a simple rice dish, but delicious and a good choice for vegetarians.









3  
Persian Walnut  
Rice



*Rice with herbs, nuts and spices*



## Persian Walnut Rice (Gerdu Polo)



### Ingredients

- 200g cooked rice
- 100g canned green peas
- 1 large onion thinly sliced
- 4 tbsp walnuts roughly chopped
- 2tbsp fresh chopped coriander
- ½ tsp cinnamon
- ½ tsp cardamom
- 1 tsp cumin
- ½ ground coriander seeds
- ½ tsp turmeric
- 2 bay leaves
- salt
- Butter

### Method

Heat the oil in a pan. Add the bay leaves and all the spices. Fry for a minute until the aroma of spices are released. Add the chopped onion and sauté until tender. Add green peas, walnuts and the cooked rice.

Gently mix all ingredients together and it is ready to serve.









4  
Persian Sumac  
Rice



*Rice with sumac and beetroot  
juice*



## Persian Sumac Rice



### Ingredients

- 3 cups of rice
- 1 large onion thinly sliced
- 2 tbsp sumac powder
- ½ cup beetroot juice
- Salt & Pepper to taste
- Olive oil

### Method

Wash the rice, then soak in salted water (1tbsp salt) for 1 hour.

Heat the oil in a pan and fry sliced onion - set aside.

Pour water in a pot and bring to the boil Drain the salted water from rice and add to the pot. Allow to cook for 10 minutes. Using a colander, drain the rice and keep it under cold tap water for few seconds.

Add the sumac and beetroot water to the rice, gently combine.

Add oil to the pot and pour part of the rice and half of the fried onions and cover with the remaining rice. Cover the pot with a lid and allow to cook over low to medium heat for 20-25 minutes.

Serve this delicious rice dish with a salad or a mixture of yoghurt and dried herbs such as mint or dill.

Please note that this sumac is not related to the poisonous sumac. It is made from the dried fruit of the plant *Rhus coriaria* and is used extensively in Middle eastern cooking.









# 5 Persian Tomato Rice



*A light and tasty rice dish  
featuring tomatoes*



## Persian Style Tomato Rice



### Ingredients

- 2 cups of cooked rice
- 1 large onion finely chopped
- 400g canned chopped tomatoes
- ½ tsp turmeric
- Salt & Pepper or chilli to taste
- Olive oil

### Method

Heat the oil in a pan and sauté the chopped onion until soft. Add chopped tomato and turmeric, season with salt and chilli flakes. Stirring and sauté tomato for 5 minutes over medium heat.

Remove it from the heat. Add cooked rice and stir all ingredients well.







Always buy the best  
rice you can afford  
and use fresh spices





A wooden desk with a laptop, a cup of coffee, a green apple, and some snacks.

# Thanks!

**Any questions?**

*You can find me by clicking - [Rozina's Persian Kitchen](#)*

*It is great to add your comments and share your experiences with other members!!*