



Arabic Rice and Chicken, Tahdig & Fesenjan.

Total time saving with varioSpeed:
91 or 94* Minutes.

Category of dish
Dinner –
High Calorie

Cooking accessories
Wire rack,
Ovenproof rectangular dish,
25 cm ø round ovenproof
dish with lid

Nutrition facts
Energy (Kcal): 1087
Protein (g): 56.3
Carbohydrate (g): 118
Total fat (g): 26.2

Tips
You can substitute the pomegranate juice with pomegranate molasses for faster cooking, about 1/5 of the volume.
You can use other proteins for the fesenjan such as lamb.

For 4 servings

INGREDIENTS

Rice:

400 g basmati rice
400 ml water; 1 tsp salt, 5 g

Tahdig:

1 tsp saffron threads; 3 egg yolks;
250 g yogurt; 70 ml sunflower oil;
1 tsp rose water, 5 ml; 12 g salt

Fesenjan:

600 g chicken thighs
250 g onions, chopped
30 ml sunflower oil
110 g walnuts, ground
1/2 teaspoon turmeric
1/4 teaspoon cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground black pepper
300 ml pomegranate juice,
unsweetened; 200 ml chicken
stock; 1 tsp salt, 5 g

Garnish:

90 g fresh pomegranate arils,
around 1/2 pc

In addition:

Sunflower oil to coat round dish
80 g dried tart cranberries,
cut in half

PREPARATION

1. Place rice, water and salt in the round ovenproof dish and cover with a lid. Cook as indicated.
2. For the tahdig, combine saffron and 2 tbsp hot water in a large bowl. Let sit 10 minutes to allow saffron to steep and draw out as much color as possible. Whisk in egg yolks, yogurt, oil, rose water and salt.
3. Add rice over yogurt mixture and gently toss to coat very well all the rice grains. Wash up and dry the ovenproof dish.
4. Coat the round dish with oil. Add half of rice mixture and use a measuring cup to gently press rice into dish.
5. Scatter half of dried cranberries over and top with remaining rice. Press down again, this time more firmly, for easy unmolding. Cover and set aside.
6. Rinse the chicken thighs under cold water and pat dry. Remove the skin and debone. Cut into 4 x 2 cm sized pieces. Set aside.
7. Peel and chop onions finely.
8. Place onions and olive oil in an ovenproof rectangular dish. Cook as indicated.
9. When the onions are cooked, add the chicken. Cook as indicated.
10. Add the ground walnuts and all the spices. Stir and cook as indicated.
11. Add all the pomegranate juice, chicken stock and salt.
12. Place the rice tahdig, previously prepared, in the oven and bake simultaneously with the chicken, as indicated.
13. Let the rice cool for about 10 minutes. Loosen the rice around the edges using the point of a knife. Place a large plate on top and invert rice onto plate like a cake. Scatter remaining dried cranberries over top.
14. Top the fesenjan with fresh pomegranate arils and serve together with the tahdig.

RECOMMENDED SETTINGS:
see next page



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Basic Recipe for Siemens varioSpeed Ovens.
Oven Recipe, Microwave combination.

Setting procedure with your varioSpeed Oven.

60 cm Oven:

For the rice: Ovenproof dish with lid on wire rack – level 2; Microwave 600 W; Cooking time: 9 minutes

For the onions, chicken and ground walnuts with spices: Ovenproof dish on wire rack – level 2; Microwave combination: Hot Air Grill / 180 °C / 360 W; Cook onion: 12 minutes, after adding chicken: 8 minutes, after adding walnuts: 6 minutes; Total cooking time: 24 minutes

For the tahdig and fesenjan: Ovenproof dish with fesenjan and round ovenproof dish with lid for tahdig on wire rack – level 2; Microwave combination: 4D Hot Air / 210 °C / 360 W; Cooking time: 50 minutes

45 cm Oven: Ref.-Vib:

For the rice: as 60 cm oven, except ovenproof dish with lid on wire rack – level 1

For the onions, chicken and ground walnuts with spices: as 60 cm oven, except ovenproof dish on wire rack level 1; Cook onion: 10 minutes; After adding chicken: 7 minutes; After adding walnuts: 5 minutes; Total cooking time: 22 minutes

For the tahdig and fesenjan: as 60 cm oven, except ovenproof dish with fesenjan and round ovenproof dish with lid with tahdig on wire rack – level 1

Alternative settings (conventional heating function)

60 cm Oven:

For the rice: Ovenproof bowl with a lid, on wire rack – level 2; 4D Hot Air 200 °C; Cooking time: 24 minutes

For the onions, chicken and ground walnuts: Ovenproof dish on wire rack – level 2; Hot Air Grilling 210° C; Cook onion: 22 minutes, after adding chicken: 15 minutes, after adding walnuts: 14 minutes; Total cooking time: 51 minutes

For the tahdig and fesenjan: Ovenproof dish with fesenjan and round ovenproof dish with lid, with tahdig on wire rack – level 2; 4D Hot Air 200 °C; Cooking time: 100 minutes (1 h 40 minutes)

45 cm Oven:

For the rice: like 60 cm oven, but Ovenproof bowl with a lid, on wire rack – level 1

For the onions, chicken and ground walnuts: like 60 cm oven, but Ovenproof dish on wire rack – level 1

For the tahdig and fesenjan: like 60 cm oven, but Ovenproof dish with fesenjan and round ovenproof dish with lid, with tahdig on wire rack – level 1

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* with the 45 cm Oven