



saffron rice

Servings
8 servings

Prep Time
5 minutes

Cook Time
45 minutes

Kosher Key
Parve or Meat

Description

Learn to make perfectly fluffy Saffron Rice, a beautiful and savory side dish with saffron spice, onions and broth. Gluten free, Kosher

Ingredients

- 2 pinches good quality saffron threads
- 1 tbsp extra virgin olive oil
- 1 small yellow onion, minced (about 1/2 cup)
- 2 cups white basmati rice
- 3 3/4 cups chicken stock, or substitute water + extra pinch of salt
- 1 tsp salt

Instructions

1. Take one pinch of saffron threads and put them in a spice mortar. Grind the spice with a pestle to a powdery consistency.
2. Add a second pinch of saffron threads to the mortar. Do not crush these threads.
3. Pour 1/4 cup of hot water into the mortar. Let the saffron soak for 5 minutes. This will open up the flavor of the spice.
4. Meanwhile, sort your basmati rice and rinse in a colander. Drain.
5. In a large heavy pot, heat extra virgin olive oil over medium. Add the minced onion to the pot and saute for about 10 minutes, till the onion begins to caramelize.
6. Add rice to the pot and saute for one minute longer, mixing the rice together with the cooked onion.

7. Pour the yellow saffron liquid evenly across the top of the rice, making sure to scrape any saffron that clings to the mortar into the pot.
8. Add broth and salt to the pot. Bring to a boil.
9. Cover the pot and reduce heat to low. Let the rice cook for 20 minutes, or until all the stock is absorbed and the rice is tender.
10. Fluff the rice with a fork before serving.

Nutrition Facts

Saffron Rice

Amount Per Serving

Calories 231 Calories from Fat 27

% Daily Value*

Total Fat 3g	5%
Cholesterol 3mg	1%
Sodium 454mg	19%
Potassium 191mg	5%
Total Carbohydrates 42g	14%
Sugars 2g	
Protein 6g	12%
Vitamin C	1.8%
Calcium	1.9%
Iron	3.7%

* Percent Daily Values are based on a 2000 calorie diet.