

Persian Lentil Rice (Adas Polo)

(vegan and non-vegan versions)



The recipe in here is inspired by:

<https://www.food.com/recipe/adas-polo-persian-rice-with-lentils-430878>

Ingredients for 4 people:

2 cups basmati rice
1+1/2 cups lentils, soaked for a few hours
1 onion, sliced thinly

2 garlic cloves, minced
3/4 cup raisins
3/4 cup dates, pitted and chopped (optional)
1 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon turmeric
1/2 teaspoon cinnamon
1 teaspoon saffron dissolved in 5 tablespoons of water (optional)
Vegetable oil as desired

For the non-vegan version add the following:

1/4 cup butter, melted
300 grams ground beef

Cooking Instructions:

1- In a large saucepan, bring salted water to boil and simmer lentils on low for 20 minutes, or until tender. Drain water from lentils and set aside.

2- In a pan, sauté the onions and garlic in oil and add turmeric to it. Wait until the onions are golden, then add raisins, dates (optional), cooked lentils, salt, pepper, and cinnamon. Mix well and set aside.

3- Cook rice as you would like (for example in a rice cooker). Once rice is done, transfer cooked rice to a large bowl.

If you don't know how to cook perfect rice, follow the recipe here:
<https://themom100.com/recipe/how-to-cook-perfect-rice-on-the-stove-2/>

4- In the same pot (or your rice cooker), add oil to just cover the bottom surface.

Add a layer of rice.

Add a layer of lentil-raisin mixture.

Continue layering, ending with a final layer of rice.

5- Cover and cook (on medium heat in a pot or just hit "cook" button on your rice cooker) for 10 minutes.

6- If you have saffron water, pour it over you rice. If not, continue with the following:

Cover the top of your pot or rice cooker with a tea towel to prevent steam from escaping, and top with lid. Cook on low for another 15 minutes. Note that your rice and lentils are already cooked and should be soft.

Your adas polo is ready. Nooshe jan (bon appetit in Farsi)!

If you are not a vegetarian or vegan, you can add the following steps:

- In step 2, when you sauté the onions and garlic, you can also add your ground beef and cook until done.
 - In step 6, when you add the saffron water, also add the melted butter.
-