



Photo courtesy of the Chef.

Tah-Chin with chicken



Chef Amir Pasha Sarvi (Iran)

Serves: 4-6

Ingredients:

3 cups quinoa
1 cup yogurt
1 egg
1 tsp ground saffron
250 g chicken fillet
1 tbsp barberry (zereshk)
1 tbsp pistachio slices
1 medium onion
1 tbsp sugar
2 tbsp cooking oil
Salt
Black pepper

Preparation:

- Chop the onion and sauté in oil until slightly brown.
- Add the chicken and sauté with the onion until it changes colour. Add 1 cup of water and bring to the boil. Then turn the heat down and let slowly boil until the chicken is cooked.
- While the chicken is cooking, beat the yogurt until smooth.
- Dissolve the saffron in half a cup of hot water.
- Add the saffron, salt, pepper and the egg to the yogurt and mix really well.
- Wash and drain the quinoa. Place in a saucepan with water, bring to the boil, and cook until al dente. Drain.
- Pour oil and yogurt mixture into a non-stick pot. Add a thin layer of quinoa and flatten with the back of a spoon. Add a layer of chicken on top followed by another layer of quinoa. Again flatten the quinoa. Spread more spoonfuls of the yogurt mixture over the quinoa. Continue until there is no chicken, quinoa or yogurt mixture left.
- Cover the pot and cook for about one and a half hours on medium-low heat. Note that the longer tah-chin cooks, the thicker is the tah-dig (the delicious crispy layer of quinoa that forms at the bottom).
- When cooked, remove the cover and let cool for a few minutes.
- Place an inverted large dish over the pot and turn the pot over. Gently tap the pot to loosen its content. This should drop in one piece onto the dish with the tah-dig on the outside.
- Cook barberries with half a cup of water and 1 tbsp of sugar for 2 minutes.
- Sprinkle the dish with the cooked barberries and decorate with the pistachio slices.



About the dish:

Traditionally tah-chin (Persian rice cake) is made with rice, chicken or beef and eggplant.