

# Persian Jeweled Rice (Javaher Polow)

Yield: 6 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-wedding-rice-recipe>

## Ingredients:

- 1/2 teaspoon saffron
- 1/2 cup hot water
- 2 cups basmati rice
- 2 pinches sea salt
- 1 1/2 cups carrots cut into thick strips
- 1/4 cup orange peel freshly peeled, cut crosswise, from one organic orange
- 1 tablespoon honey
- 1 tablespoon orange blossom water
- 1/2 cup almond slivers toasted
- 1/2 cup pistachio toasted coarsely chopped
- 1 tablespoon salted butter
- 2 cups shallots minced, from 2 extra large shallots
- sea salt
- 1 tablespoon rose petals crushed
- 1/4 teaspoon ground cinnamon rounded
- 1/4 teaspoon ground allspice rounded
- 1/4 teaspoon ground cumin rounded
- 1 pinch ground cardamom
- 1 pinch ground coriander
- 1/3 cup dried figs chopped, loosely packed, that have been soaked in hot water for 5 minutes, then drained
- 1/3 cup dried apricots chopped, loosely packed, that have been soaked in hot water for 5 minutes, then drained
- 1/4 cup goji berries
- 1/4 cup tart cherries
- 5 tablespoons salted butter
- 1 tablespoon orange blossom water

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 30 milligrams
4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 8 grams
8. Sodium: 340 milligrams
9. Sugar: 11 grams

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