

Saffron Rice with Golden Raisins and Pine Nuts from An Edible Mosaic



Today I have a very especial post...and yes, it is unusual for me to post on Friday but I had to make an exception since my friend Faith Gorsky from An Edible Mosaic just had her first cookbook released: An Edible Mosaic: Middle Eastern Fare with Extraordinary Flair. I could not wait until Monday to share with you such exciting news and I am so happy to be able to participate in her virtual book launch party.



Faith's book has over 100 Middle Eastern recipes, with a focus mainly on dishes from the Levant, but also a few recipes from other areas of the Middle East. She has a pretty unique story...after getting married Faith spent six months living in the Middle East, where she fell in love with the culture and cuisine. Subsequently, she returned four more times for visits, each time delving deeper into the cuisine and deepening her passion for and appreciation of the region. Recipes in her book are authentic Middle Eastern (taught to Faith mostly by her mother-in-law, Sahar), but streamlined just a bit for the way we cook today, with unique ingredients demystified and cooking techniques anyone can follow. If you didn't grow up eating Middle Eastern food, it can be a difficult art to master; Faith understands that, and explains complicated dishes in an approachable, easy-to-follow way. The book is available to order on Amazon and Barnes & Noble!

The recipe from the book that I'm sharing with you today is for Saffron Rice with Golden Raisins and Pine Nuts. The recipe is vegan therefore easily incorporated into a vegan or vegetarian meal, but it is just as delicious served with

chicken, beef, lamb, or seafood, and it would be really fantastic with just about any curry dish. (In the cookbook, Faith recommends pairing Shrimp in Aromatic Tomato Sauce with this rice dish.)

Saffron Rice with Golden Raisins and Pine Nuts.

(ROZ MLOW'WAN)

Recipe courtesy of *An Edible Mosaic: Middle Eastern Fare with Extraordinary Flair* by Faith Gorsky (Tuttle Publishing; Nov. 2012); reprinted with permission.

Serves 4 to 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes, plus 15 minutes to let the rice sit after cooking

Ingredients:

1½ cups (325 g) basmati rice, rinsed

2 tablespoons olive oil

3 tablespoons pine nuts

1 onion, finely diced

4 tablespoons sultanas (golden raisins)

1¾ cups (425 ml) boiling water

¾ teaspoon salt

½ teaspoon saffron threads (or ½ teaspoon turmeric)



Method:

1. Soak the rice in tepid water for 10 minutes; drain. While the rice is soaking, put half a kettle of water on to boil.
2. Add the oil to a medium, thick-bottomed lidded saucepan over medium heat. Add the pine nuts and cook until golden brown, about 1 to 2 minutes, stirring constantly. Transfer the pine nuts to a small bowl and set aside.
3. Add the onion to the saucepan you cooked the pine nuts in, and cook until softened and just starting to brown, about 5 to 7 minutes, stirring occasionally. Add the rice and cook 2 minutes, stirring frequently. Stir in the sultanas, boiling water, salt, and saffron (or turmeric), turn the heat up to high, and bring it to a rolling boil.
4. Give the rice a stir, then cover the saucepan, turn the heat down to very low, and cook until tender, about 10 minutes (do not open the lid during this time). Turn the heat off and let the rice sit (covered) 15 minutes, then fluff with a fork.
5. Transfer to a serving dish and sprinkle the toasted pine nuts on top; serve.

OPTIONAL Add two pods of cardamom, two whole cloves, and one 2-inch (5 cm) piece of cinnamon stick at the same time that you add the rice.



On Faith's book you will find a variation of this rice recipe, Mixed White and Yellow Rice.

Please head over to Faith's blog to check out her virtual book launch party to see the other bloggers who are participating. Also, as part of her virtual book launch, Faith is hosting a giveaway of a fabulous set of prizes. Be sure to head over and enter!

Thank you for stopping by Simple Recipes and have a great weekend!