

Sholeh Zard - Persian rice pudding

Cuisine: Middle-East

Food category: Desserts



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Program steps

1	Steaming	Termination by time	00:30	hh:mm	130	°C	+ 50	%	
2	Steaming	Termination by time	00:30	hh:mm	99	°C	+ 50	%	

Ingredients - number of portions - 6

Name	Value	Unit
basmati rice	250	g
water	1	l
saffron, scar	2	g
cardamom	1	g
brown sugar	150	g
rose water	20	ml
almonds	30	g
butter soft	100	g
cinnamon	1	g
almond sticks	50	g
pistachio	50	g

Nutrition and allergens

Allergens: 7, 8
 Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
 Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	501.5 kJ
Carbohydrate	60.4 g
Fat	24.4 g
Protein	8.1 g
Water	0 g

Directions

Wash the basmati rice thoroughly and soak it in water for at least 1-2 hours.

Let the rice and water soak in a deep, coated GN container in the steam module at 130°C and 50% fan speed for half an hour.

Crush the saffron and dissolve it in a little warm water.

Add sugar, saffron, cardamom, chopped almonds, rose water and butter to the rice and mix well. Add another 200 ml of water depending on the consistency and let it steep in the steam modud at 99°C for another 30 minutes until the consistency is pudding-like.

Pour the rice pudding into glasses, let it cool slightly and decorate with almonds, pistachios and a little cinnamon.

Sholeh Zard is very popular in Iran and is served as a dessert, especially on holidays. It will keep refrigerated for a few days. For us it goes well with the spices and aromas in the winter time.

The advantage of preparing it in a combi steamer, similar to rice pudding etc., is that there is no need for constant stirring and burning is also not possible.