

Sholeh Zard - Persian Rice Pudding

Cuisine: **Middle-East**

Food category: **Desserts**



Author: **Retigo Team Deutschland**

Company: **RETIGO Deutschland GmbH**



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

Thoroughly wash the Basmati rice and soak it in water for at least 1-2 hours.

Let the rice swell with the water in a deep, non-stick GN container in the steam module at 130°C and 50% fan speed for half an hour.

Macerate the saffron and dissolve it in some warm water. Add sugar, saffron, cardamom, chopped almonds, rosewater, and butter to the rice and mix well. Add another 200 ml of water depending on the consistency and let it infuse at 99°C in the steam module for another 30 minutes until the consistency is pudding-like.

Fill the rice pudding into glasses, let cool slightly, and decorate with almonds, pistachios, and a bit of cinnamon. Sholeh Zard is very popular in Iran and is especially served as a dessert during festive occasions. Chilled, it lasts a few days. It fits well into the winter season during the time of spices and aromas.

The advantage of preparing it in a combi steamer is similar to that of rice pudding & Co., meaning that constant stirring can be omitted and burning is likewise not possible.