

Vegan Adas Polow

Serve: 6

<http://spiceislandvegan.blogspot.com/2012/01/vegan-adas-polow.html>

6 cups cooked basmati or brown basmati rice
1 1/2 cups brown lentil, soaked in 3 cups of warm water
1 onions, chopped
1 tsp. salt
1/4 tsp black pepper
1/2 tsp ground turmeric
1/4 tsp ground cinnamon
1/8 tsp ground allspice
1/4 tsp ground cardamom
1/8 tsp ground cumin
1/2 tsp saffron, dissolved in 2 Tbsp. water
3/4 cup currants
3/4 cup chopped and pitted dates
1 Tbsp. Olive oil
4-5 Tbsp. melted vegan butter

Method:

1. Soak lentils in warm water for 15 minutes, then simmer in low for 15 minutes. Drain. The lentils should be soft but not mushy.
2. Meanwhile, while the lentils are being simmered, saute onions in 1 Tbsp olive oil on medium low heat for 45 minutes. This is to caramelize the onions. Keep turning them so they don't become burnt. At the end of 45 minutes, the onions should look like the picture above.
3. Then, add the salt, spices, currants, and dates. Mix well for a few minutes, add the drained lentils and mix.
4. In the pot used to cook the rice or the rice cooker pot, add 1 Tbsp melted vegan butter and swirl it around to cover the bottom of the pot, add a layer of cooked rice.
5. Add a layer of currants, dates, and lentil mixture.
6. Add a layer of cooked rice, drizzle with 1 Tbsp melted vegan butter.
7. Repeat step 5 and 6 and end with a layer of cooked rice on top.
8. Drizzle the saffron and its soaking water over the rice. This is going to make some of the

rice to become yellow.

9. Cook the entire dish on low for 30 minutes or turn on your rice cooker (about 30 minutes cooking time) then serve warm.

My Persian friend told me that if I continuously hit the cook button on my rice cooker, it will create **TADIQ** which is browned, crispy, crunchy basmati rice on the bottom of the pot. I actually love tadiq and have had some at restaurants. Unfortunately, my rice cooker is too fancy because it has the non-stick pot and computer that won't burn rice. I tried several times and it didn't create the tadiq. I have to cook it traditionally using the aluminum or stainless steel pot to create tadiq. If your rice cooker has an aluminum pot, it may work.

There are other ways to cook basmati rice:

1. Heat 4 1/2 water until it is boiling (may add salt in water) in a medium pot, then add 3 cups of uncooked basmati rice (rinsed and drained). Cover and simmer in low heat for 20 minutes.
2. Remove the lid, wrap the lid with a kitchen towel and place it over the pot, tightly. Remove from heat and set it aside for 30 minutes. Fluff it with a fork to cool off.

Or you can watch this [video](#) how Indians cook their basmati rice in a boiling water and then drain the rice. Their method works great also and produces non-sticky rice.