



The Fragrant Emerald Jewel of Persian Rice

Baghali Polo (باقالی پلو)

An illustrated culinary and linguistic journey into Iran's most celebrated aromatic centerpiece.

A Plant-Based Masterpiece

Vegetarian-friendly

Wholesome, aromatic, and naturally plant-based.
A centerpiece that stands brilliantly on its own or
paired perfectly with fresh Persian salads.



The Essentials for Magic

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Long-grain Basmati Rice



Tender Fava Beans



Fresh or Dried Dill



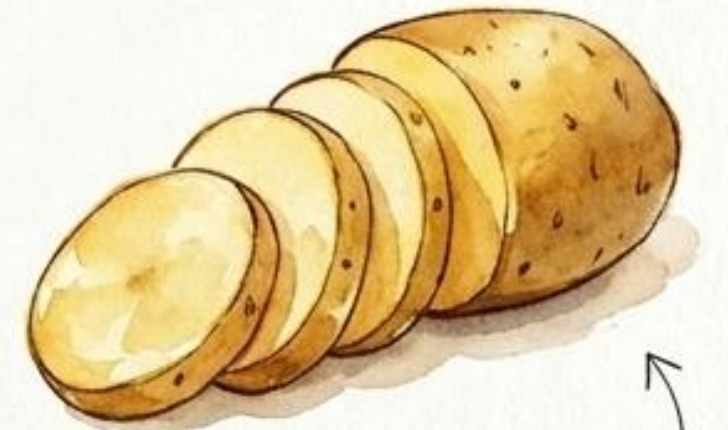
Butter & Oil



Turmeric



Golden Saffron



Sliced Potatoes

Step 1: Parboiling the Basmati

The foundational secret to light, airy, and non-sticky Persian rice. A brief boil softens the exterior while keeping the core firm for steaming.



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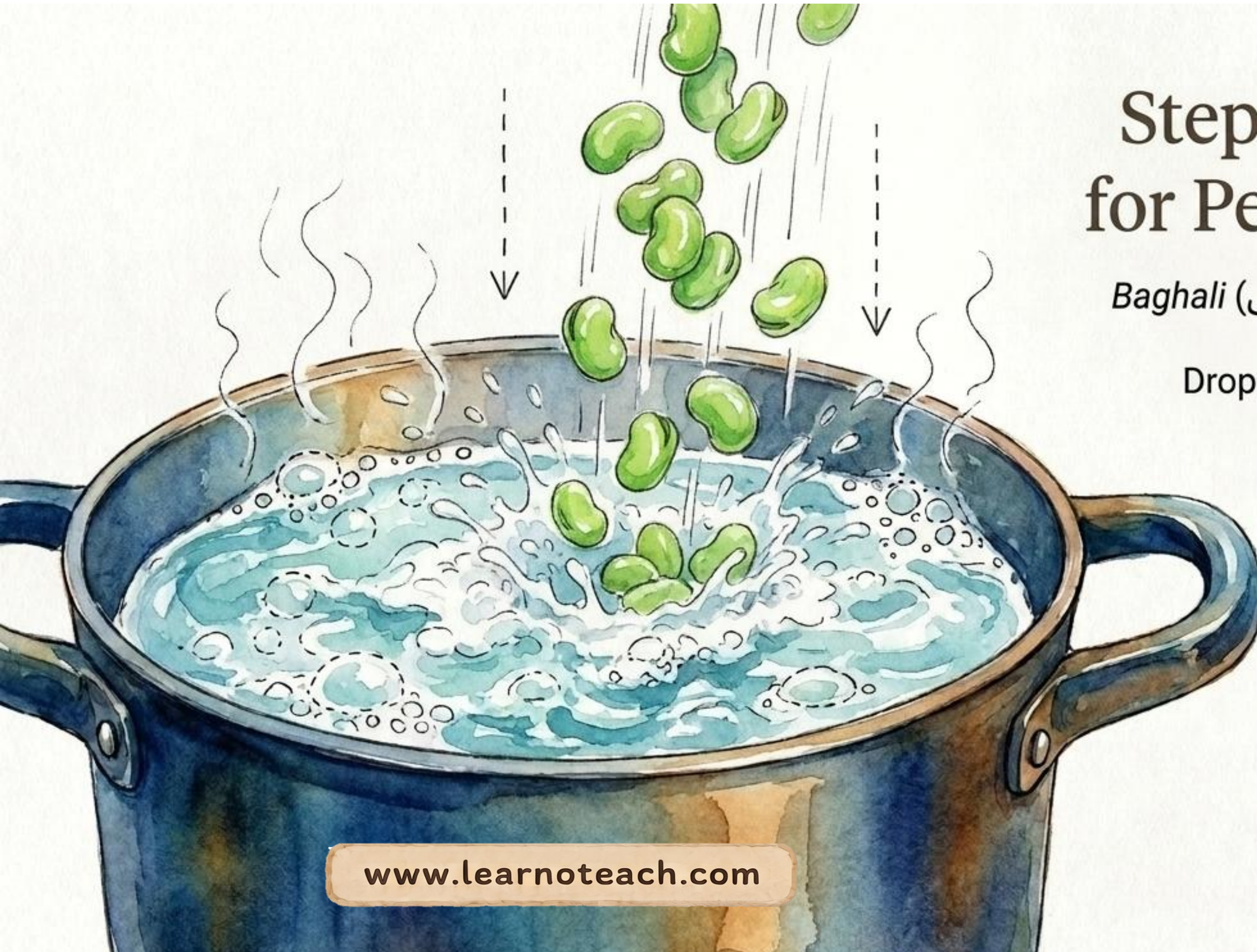


By Mozghan

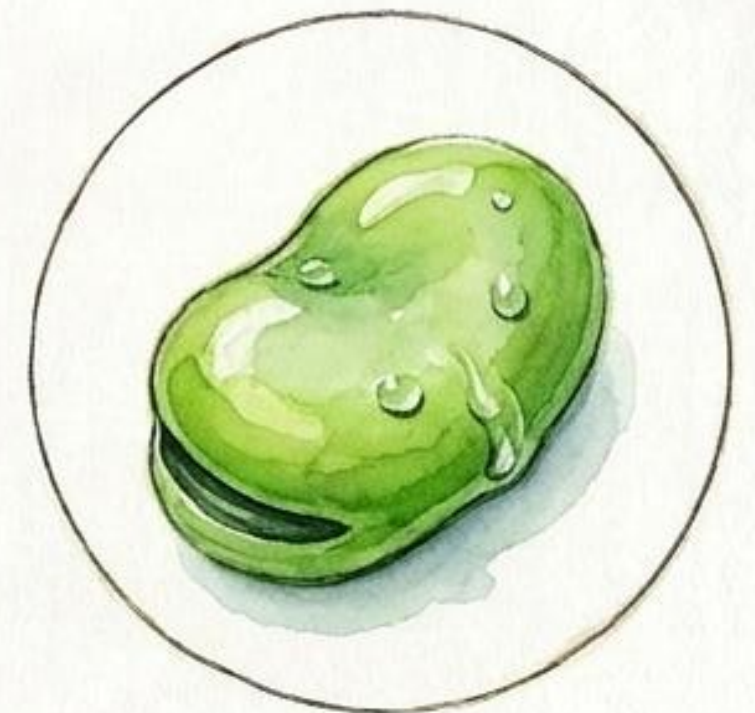
Step 2: Blanching for Perfect Texture

Baghali (باقالی) – Tender Fava Beans

Dropped directly into the boiling
water alongside the rice
just before draining.



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Step 3: Building the Aromatic Pyramid

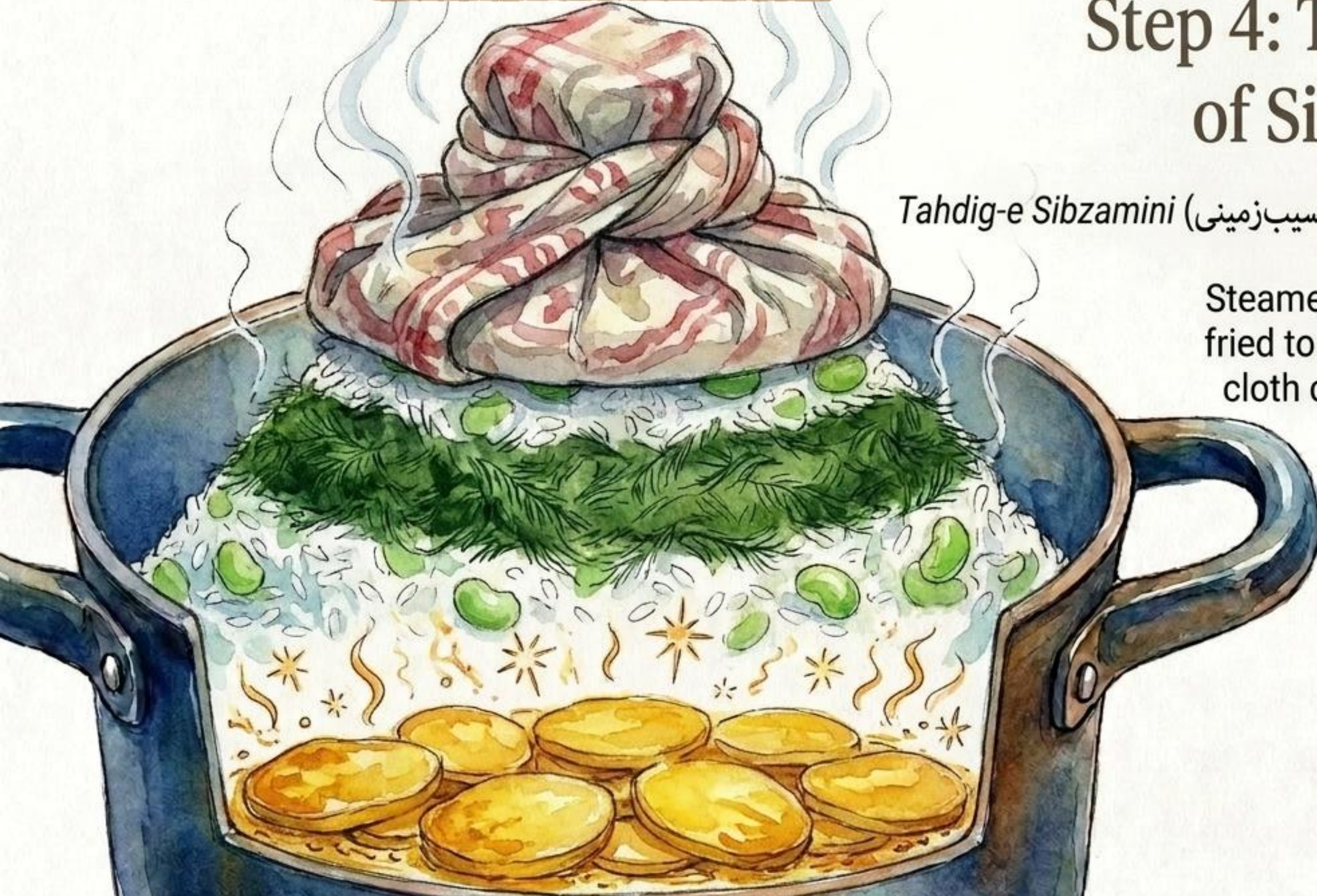
Shevid (شوید) – Fresh or Dried Dill

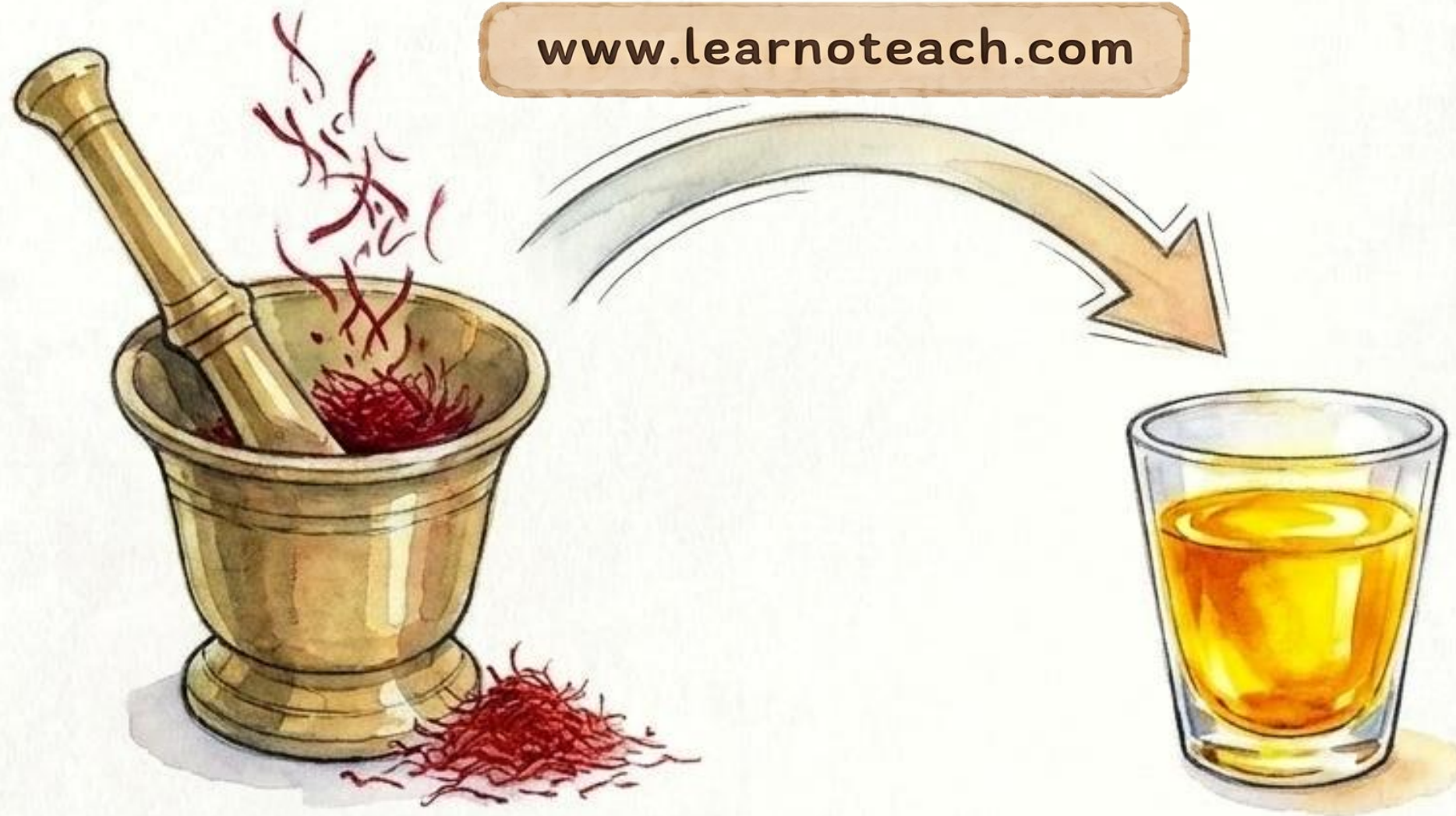
Alternating layers of the rice-bean mixture with generous handfuls of dill to ensure the aroma permeates every single grain.

Step 4: The Dual Magic of Sizzle and Steam

Tahdig-e Sibzamini (ته‌دیگ سیب‌زمینی) – Crispy Potato Crust

Steamed to fluffy perfection above, fried to a golden crunch below. The cloth catches the condensation to prevent soggy rice.





Step 5: The Crowning Aroma

Za'faran (زعفران) – Golden Saffron

Bloomed in warm liquid and drizzled exclusively over the top layer of rice to create a brilliant visual and aromatic contrast.





A masterclass in color, texture, and aroma.
Fluffy, fragrant, and crowned with liquid gold
and unmatched crunch.

The Emerald Jewel Revealed

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Gathering Around the Sofreh نوش جان

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Nooshe Joon (نوش جان) – May it nourish your soul!

Persian food is meant to be shared slowly.
A celebration of warmth, hospitality, and the
spectacular abundance of the plant-based table.

