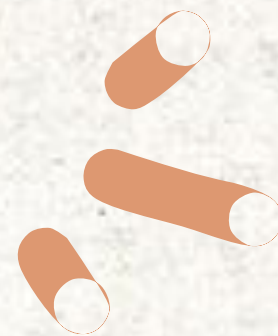


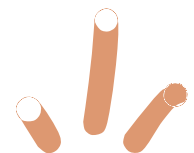
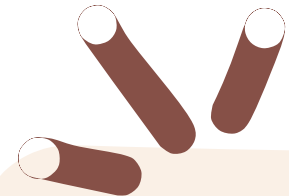
By Mojgan



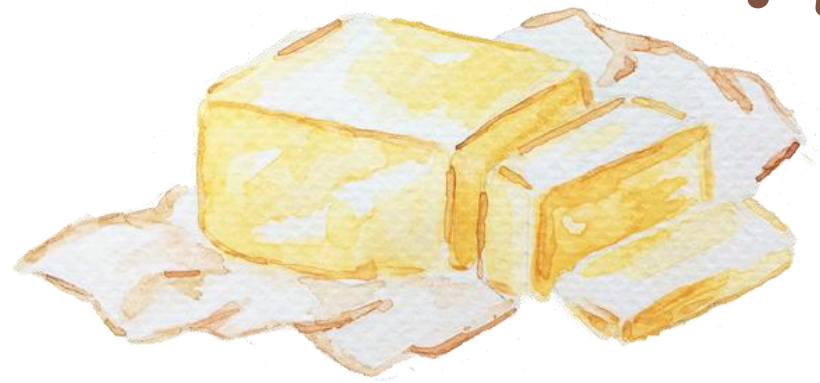
SHOLEH ZARD

PERSIAN SAFFRON RICE PUDDING





THE STORY BEHIND SHOLEH ZARD



Sholeh Zard (Persian saffron rice pudding) is more than just a dessert; it is a dish deeply rooted in Persian culture and tradition. The dish is strongly associated with **rituals of devotion and gratitude**. Families prepare it as a **nazri**, a food offering made when asking for or fulfilling a vow. It is often shared during the holy month of Ramadan, on religious occasions such as Muharram, or at family gatherings.



SYMBOL

The **bright golden color** of saffron in *Sholeh Zard* carries symbolic meaning in Persian culture: It represents **light and purity**, linked to the sun and divine blessings. Its sweet aroma of saffron and rosewater reflects **joy, generosity, and community spirit**.





DECORATING!

When served, the dish is usually decorated with cinnamon and nuts in patterns, sometimes even inscribed with the words “Ya Hussein” or “Ya Zahra” during religious ceremonies. This makes *Sholeh Zard* not only a comforting dessert but also a **spiritual and cultural symbol** of hospitality, sharing, and remembrance.



INGREDIENT



1 cup rice (preferably Persian or long-grain)
8 cups water
2 cups sugar
½ cup rose water
½ teaspoon ground cardamom (optional)

1 teaspoon saffron threads, dissolved in 2
tablespoons hot water
½ cup slivered almonds (optional)
2 tablespoons unsalted butter
Garnish: ground cinnamon, slivered pistachios,
slivered almonds



Rinse the rice several times until the water runs clear. Soak it in water for at least 2 hours.

Cook the rice: In a large pot, bring 8 cups of water to a boil. Drain the rice and add it to the boiling water. Reduce heat to medium and let the rice cook until very soft and broken (about 45–60 minutes). Stir occasionally.

Add sugar: Once the rice has softened, add sugar and stir continuously until fully dissolved.

Flavoring: Add the dissolved saffron, rose water, cardamom, and butter. Stir well. Let it simmer over low heat for another 20–30 minutes, stirring often to prevent sticking. The mixture should be thick and creamy.

INSTRUCTIONS



Optional almonds: Stir in the slivered almonds during the last 10 minutes of cooking.

Serve: Pour the Sholeh Zard into serving bowls while hot. Let it cool slightly.

Garnish: Decorate the top with ground cinnamon, pistachios, and almonds in traditional Persian patterns.

Chill: Allow it to cool to room temperature, then refrigerate. Serve cold or at room temperature.





NOSHE JAN

In Persian, when we want to say “*I hope you enjoy what you eat,*” we say “**Nush-e Jan**”

So, if you would like to try making this delicious dessert, **enjoy it in advance — Nush-e Jan!**