

Thursday 25 February 2021, 8pm



**MANCHESTER
JEWISH MUSEUM**
OURS AND YOURS

EAT THE ARCHIVES

Recipe by: Leo Burtin, after Sabrina Ghayour

‘May your children be born in Manchester’

Spiced cabbage ‘polow’ rice (serves approx. 4)

INGREDIENTS:

* indicates ingredients provided in the spice kits that will be mailed to bookers.
Bold indicates the ingredients you will need to source yourselves

350 gr basmati rice

1 tsp salt

3 tsp barberries*

5 dried apricots*

4 tbsp olive oil

1 large onion

4 cloves garlic

1-2 tsp pul biber*

1 tsp ground

turmeric*

2 tsp ground

cinnamon*

4 tbsp tomato purée

600 gr shredded Savoy cabbage

1 pinch Saffron threads*

To finish:

Sea salt flakes*

Flaked almonds*

Pul Biber*

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METHOD:

1. Wash the starch off the rice under cold water. Drain well and place in a large pan for which you have a lid. Add 1 tsp salt (not the sea salt flakes!) and 650 ml of cold water.
2. Finely chop the apricots, mix in with the barberries and submerge in boiling water. Reserve. Infuse the saffron in 3 tbsp boiling water. Reserve.
3. Bring the rice to a boil over a high heat. Once boiling, turn the heat off. Wrap the lid in a tea towel and cover your pot. Let the rice steam for at least 15 mins.
4. Meanwhile, finely slice the onion and garlic and shred the cabbage. Add the oil to a large pan on medium heat. Once hot, soften the onions for approx. 5 mins then add in the garlic. After 1 min, add 1 tsp pul biber, the turmeric and the cinnamon. Mix in the tomato purée, let toast until fragrant, then add 200 ml water.
5. Add the shredded cabbage and stir to coat in the spices. Cook for 5-10 mins, or until tender but retaining some bite. Taste and adjust for seasoning.
6. Check the rice for doneness, then add the saffron water. Carefully fold the vegetables through the rice until well combined.
7. Top with the berries, apricots, almonds, sea salt flakes and remaining pul biber before serving.