

## **Baghali Polo ba Mahicheh Shopping List**

### **Ingredients for 4 portions**

#### **For the Mahicheh (lamb shanks):**

800g / 1.8lbs lamb shanks (2 large, 3 medium sized or 4 small lamb shanks)

1 onion

6 cloves garlic

2 tbsp tomato paste

4 bay leaves

6 tbsp vegetable oil

2 tsp turmeric

1/4 tsp ground saffron

1/2 tsp black pepper

Salt to taste

#### **For the Baghali Polo (rice):**

400g / 2 cups basmati rice

200g / 2 cups peeled broad beans, also known as fava beans. If your fava beans aren't peeled, which I'll show you how to do, you will need 300 grams or 3 cups.

70g / 2.5oz fresh dill. Alternatively you can use 30 grams dried dill, which is about 1 ounce.

4 tbsp vegetable oil

1/2 tsp saffron threads, which will make 1/4 teaspoon ground saffron

3 ice cubes to bloom the saffron

2 tbsp salt