

Chelo 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 Persian Saffron Rice:

400g / 2 cups basmati rice

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