



COOKING PASSION SINCE 1877

Cooking Method: Full Steam 100°C for 45mins

Level: Easy

Time: 1 hour 15 minutes

Serves: 4

PERSIAN FESEJAN



INGREDIENTS

2 red onions, finely sliced
600g of butternut squash,
cut into chunks
250g assorted mushrooms
2 tbsps turmeric
4 cardamom pods, crushed
½ tsp tabasco
Salt and pepper
180g vacuum packed
whole chestnuts
2 tbsps pomegranate molasses
1 tsp honey

1 pack of pomegranate seeds
1 tbsp fresh chopped mint
1 tbsps fresh chopped parsley

Basmati rice to serve

PREPARATION

1. In a perforated steam tray over the universal pan, spread out onions, butternut squash and mushrooms.
2. Season with salt, pepper, turmeric and cardamom and cook on full steam for 15 minutes until tender.
3. Transfer to deep dish and stir in chestnuts, half the pomegranate seeds, pomegranate molasses and tabasco. Cover with cling film.
4. Place back into oven for 25 minutes.
5. Basmati rice may be cooked in a solid dish at the same time, 250g rice to 500ml of hot Vegetable stock.
6. To serve, stir through remaining pomegranate seeds, mint and parsley, then season to taste. A little more honey may be added if slightly sour.

NEFF Tip

This dish is great for Vegetarians but can also be served alongside meat kababs, pan-fried fish or chicken dishes.

Full Steam

