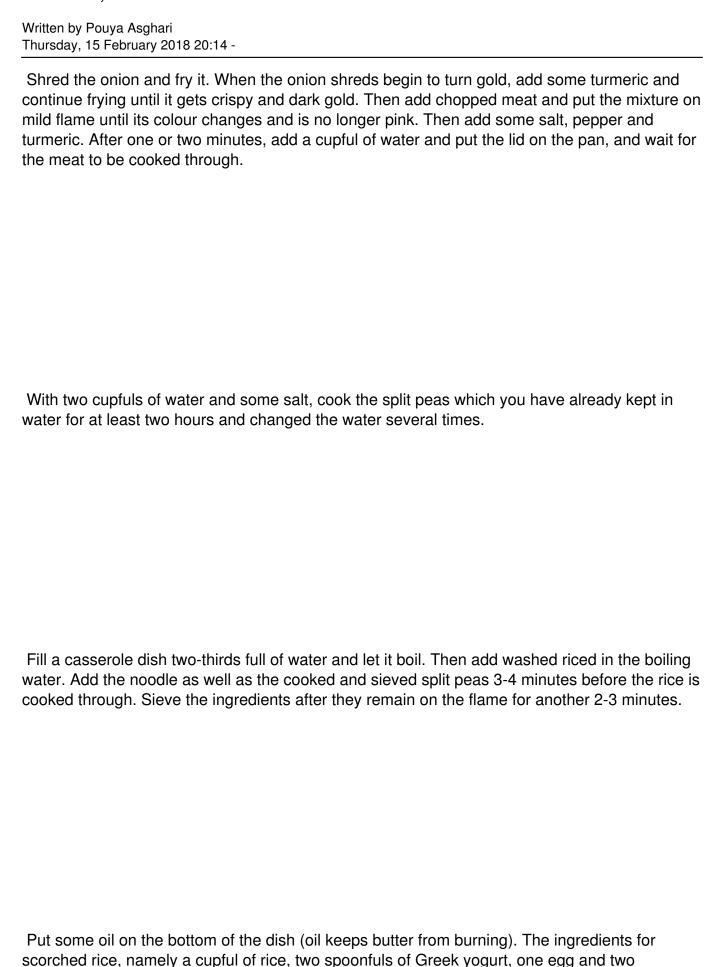
## Maani-Pilaf; A Local Gourmet Iranian Food

Written by Pouya Asghari Thursday, 15 February 2018 20:14 -

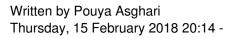
Maani-Pilaf is one of the local foods of the city of Damghan in the north-central Iranian province of Semnan. It is a very delicious, colourful and mouth-watering food. Noodles, barberries and sultanas are used in cooking Maani-Pilaf. The ingredients usually include beef, or sometimes sautéed chicken with onions.

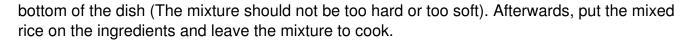
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spoonfuls of brewed saffron, should be mixed with some salt and pepper and pressed on the

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Sauté the sultanas and barberries separately in a little oil. Mix the cooked rice with saffron and put barberries and sultanas in the middle as you dish it out. At the end, garnish the pilaf with a mixture of meat, fried onion, sultanas and barberries.

- 1. If you add the split peas to the rice too early, the rice will become sticky.
- 2. Maani-Pilaf can be made without meat.
- 3. You had better lie the split peas in water the night before and leave them in water till the following day.
  - 4. You may add one teaspoonful of cumin when cooking the rice.