

Lamb Pulav Recipe

Ingredients:

1. 1-1/4 lbs. of lamb cut into small pieces
2. 1 cup oil
3. 1 table spoon ginger paste
4. 3 cloves of garlic sliced
5. 1 table spoon hot mustard
6. 1 table spoon coriander paste
7. 1 medium onion sliced small
8. 1-1/2 tea spoon salt
9. 1 tea spoon black pepper
10. 1 tea spoon ground cumin
11. 1 tea spoon ground coriander
12. 1 table spoon lemon juice
13. 1/2 a tea spoon dried mint
14. Few pieces of mint leaves
15. 1 tea spoon garam masala (equal parts of ground black peppers, cloves and cinnamon)
16. 1 pouch with bay leaves, whole black peppers, cloves, cinnamon sticks, and cardamom
17. 1/2 tea spoon of saffron
18. 2 medium potatoes cut in small pieces.
19. 1-1/4 mugs of basmati rice.

Method:

Cut the lamb in small pieces and marinate it with half a tea spoon of salt and half a tea spoon of black pepper and 1 table spoon of lemon juice. Take 6 mugs of water in a pot. Put the pouch with whole spices in the water. Then add the lamb in it. Start the stove on high heat. As the water starts to boil turn the heat to low (# 2 on electric stove). Let this cook on low heat for 1hour and a half. This way we make the lamb broth and the lamb becomes soft. Then remove the lamb in a bowl and add some of the

broth to keep the lamb moist. Put the balance of the broth in another bowl.

Now cut 2 medium potatoes in small pieces and put in a bowl with water and boil it in microwave oven for 8 minutes.

Take 1-1/4 mugs of rice in a pot. Wash the rice to take out the starch for 3 times. Then put 2-1/2 mugs of lamb broth in it. Put half a tea spoon of salt and half a cup of oil in it. Start cooking the rice on medium heat.

Now take a deep stir fry pan. Put half a cup of oil in it and heat it on high. When the oil heats up put the sliced onion and keep stirring till it becomes light brown. Once the onion is brown, add sliced garlic, ginger paste, coriander paste and hot mustard. Keep stirring it well. Turn the heat to medium temperature.

Then add about a cup of broth we made in it. Put the lamb and potatoes in it and mix them well with the wet spices. Now add balance of salt and black pepper, ground cumin, ground coriander, garam masala and ground mint in it. Make sure there is enough broth to blend everything nicely. Keep cooking till the water is reduced to minimum.

As the rice is cooking check to see when the water reduces to the point there are bubbles on the surface of the rice. At this point remove it from the heat. Then add the rice to the meat and potatoes. Blend it well. Put some hot water in the saffron and add it to the rice. Mix it well and turn the heat to low temperature. Cover the pan with the lid and cook it for 12 minutes. The Pulav should be ready to eat. In our case the rice was still a bit moist so we cooked for a few extra minutes and at this point the Pulav was ready to eat. Now put the Pulav in a plate and garnish with mint leaves.

Enjoy.

Chef Pops