

Masoor Pulav recipe

Ingredients:

1 pound ground turkey meat
1 can (540 ml.) Masoor or Lentil
4 large potatoes
1 large onion
2 mugs Basmati rice
Water as needed
1.5 cups of Corn oil (you can replace this with other oil)
1 table spoon of mild chili and coriander paste
2 table spoons of lemon juice
2 cloves of garlic
1 tea spoon of ground Cumin
1 tea spoon of ground Coriander
2 tea spoons of table salt (adjust to your taste if needed)
1 tea spoon of Turmeric
1 tea spoon of Paprika
Half a tea spoon of Nutmeg
1 tea spoon of dried Mint
1 tea spoon of Garam Masala (equal parts of ground black pepper, cloves and cinnamon)

Method:

First cut potatoes (six pieces from each potato). Wash it once and take some starch out. Then immerse them in water and cook in microwave oven for about 12 minutes. I used yellow flesh potatoes and they turn out just right and do not become very soft. Other potatoes may take different timing.

Take 2 mugs of rice in a pot and wash it about 3-4 times till most of the starch is gone. Put 4 mugs of water, 1 tea spoon of salt and half a cup of oil in it and cook it on high heat. When the water in the rice pot reduces to the point it reaches the top surface of rice and you can see the bubbles, turn off the stove and keep it ready to mix it with the rest of meat and potatoes.

Now take the onion and chop it into small pieces. Take a large pot and start cooking the onion in a cup of oil on high heat. When the onion starts to become light brown and you can smell burning of onion, put the ground turkey in it. Stir it well and mix it with the onion. At this stage put about a cup of water and stir it well till the lumps of ground turkey are separated. Add potatoes that were cooked in the microwave oven to the meat. Stir them well and cook for about 10 minutes. After 10 minutes add chili coriander paste, lemon juice, garlic cloves (sliced or grated), cumin powder, coriander powder, salt, turmeric, paprika, nutmeg, dried mint and garam masala. Cover it for about 3 minutes and let it cook with spices on high heat. Make

sure that most of the water is evaporated from this mix. Once the steaming is finished add lentils to the pot.

Now reduce the heat to # 1, a very low temperature. Take the half cooked rice and put it in the large pot with meat, lentils and potatoes. Mix it well and cover it up for about 12 minutes. Open the lid after 12 minutes and the Pulav should be ready.

Let the Pulav rest for about 10 minutes without the lid. Now the Masoor Pulav is ready to eat.

Enjoy.

N.B.

We do not eat very hot (spicy). If you like very hot and spicy you can add crushed hot chilies in the mix of meat and potatoes.