

AFGHANISTAN

Khali Palau (spiced lamb pilaf)

Serves 4-5.

Cooking time 2 hours.

Ingredients

¼ cup of ghee or oil

2 medium sized onions, chopped

500g boneless lamb

½ teaspoon garam masala

¼ teaspoon ground cardamom

¼ teaspoon ground cinnamon

¼ teaspoon ground black pepper

1 teaspoon salt

1½ cups of water

¼ cup of butter or ghee

¼ cup blanched slivered almonds

2 medium sized carrots cut in matchstick lengths

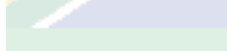
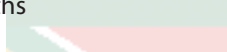
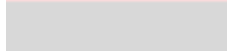
1 cup seedless raisins

2 teaspoons sugar

2 cups long grain rice

6 cups water

Salt





Method

- 1 Heat half of the oil in a deep heavy pan. Add onion and fry over a medium heat for 15 minutes until golden brown. Remove and keep aside.
- 2 Trim lamb and cut into 2 cm cubes. Add to pan with remaining oil and fry over high heat until brown, stirring often. Sprinkle on spices and salt, stir over heat for 1 minute. Add 1 ½ cups of water and return the onion to the pan. Cover and simmer for 1 hour.
- 3 Brown the almonds in butter in a separate pan. Remove and set aside, leaving the oil in the pan. Add carrots and fry over medium heat until lightly coloured. Add raisins and continue to fry and stir until raisins become plump. Sprinkle with sugar and set aside.
- 4 Wash rice well and strain. Bring 6 cups of water to the boil with 1 tablespoon salt, add rice, return to the boil and boil for 6 minutes. Strain.
- 5 Remove cooked meat and about ½ cup liquid from pan. Stir partly cooked rice and 1 teaspoon salt into juices in pan. Make 3 or 4 holes in the rice with end of a wooden spoon. Place cooked meat on one side on top of rice, and place carrot and raisin mixture over rest of rice. Spoon reserved meat juices over meat and carrot mixture.
- 6 Cover rim of pan with two paper towels and cover tightly with lid. Cook over medium heat for 5 minutes, reduce heat to low and cook for further 25 minutes. Leave off the heat, covered for 5 minutes. Pile meat pieces in centre of a platter and top with carrot-raisin mixture.