

# Central Asian Plov



## Recipe

serves 8-10 people; cook time approx. 2 hours

### Ingredients:

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|--------------------------------------|--|
| 2/3 cups oil                         | 4 cups long grain rice   |
| 1-1.5 lb. beef                       | 1 can chick peas   |
| 2 medium onions, thinly sliced       | ½ cup raisins or dried black currants (raisins will give a sweeter plov than the currants.)  |
| 2 pkts. (10oz each) shredded carrots | 1 head of garlic (peel the extra skin off the head of garlic but do not separate the cloves) |
| 1.5 tsp cumin seed                   | (Have boiling water ready for several steps in the process.)                                 |
| 1 tsp. turmeric                      |  |
| 2 Tbs. salt                          |  |

1. Measure rice into large bowl and rinse with cold water until the water is almost clear. Drain rice, then cover with boiling water and let sit until ready to use.
2. Cut onions in half and slice thinly.

3. Heat oil in large pot, (a cast iron or thick bottomed pot is ideal). When hot add meat and brown on all sides. Then add onions to meat and simmer until well-browned.
4. Add carrots and spices to pot and simmer until tender, about 2 minutes.
5. Cover carrots with boiling water. Let simmer for 10-15 minutes.
6. Drain rice and carefully lay over carrot mixture without mixing in. Pour boiling water over the top of rice by pouring it over the back of a spoon. This will keep it from disturbing the rice. Add enough water to cover rice with about ½ inch of water.
7. Take head of garlic and sink it into the middle of the rice just until covered. Sprinkle chick peas and raisin/currants over top of rice and do not mix in.
8. Reduce the heat to low. Cover with well-fitting lid and simmer until most of the water has been absorbed (approx. 30 minutes)
9. Once water is mostly absorbed, take a wooden spoon and starting at the sides, put rice away from the sides and smooth into a dome-shape mound. Take the handle of the spoon and poke about 4-5 holes in the mound to the bottom of the pot to let the steam escape. Cover again and continue simmering on low until rice is tender but not too soft or mushy (about 10 minutes).
10. When rice is done, remove from heat and mix the rice with the carrot/onion mixture at the bottom. Remove large piece of meat and slice or chop into small pieces.
11. Serve on a large platter with meat arranged on top.
12. Serve with a salad made of thinly sliced tomatoes, thinly sliced onions and salt.