

# UZBEK PLOV

## Uzbek Plov with Meat

### Ingredients:

- 1 pound of meat
- 2 cups of Uncle Ben's rice (or Basmati rice)
- 1 cup of oil
- 1 can of Chickpeas
- 4-5 large carrots (or 1 pound of carrots)
- 1 large onions
- 1/4 cup raisins
- 2 heads garlic (whole)
- 2 tsp. salt
- 1 tsp cumin
- 1 tsp coriander
- approx. 3 cups boiling water or vegetable broth



### Steps:

#### **Preparation**

- Wash the garlic heads. Cut the top of the heads (1/4 inch). Set aside.
- Cut meat into 2-inch cubes.
- Slice the onions and carrots into matchsticks.

#### **Cooking**

- Heat oil in a cast iron dutch oven over high heat. Add sliced onion and cook until it is soft and golden.
- Add the meat into onions and stir. Cook until the meat is evenly light brown. This will take about 10 minutes.
- Add carrots and a teaspoon of salt to the pot. Cook for about 5 minutes.
- Pour boiling water, add the chickpeas, spices, raisins and garlic into the pot. Reduce heat to medium-low. Cover and cook for 30 minutes.
- Remove the cooked garlic and set aside.
- Wash and drain the rice in hot water. Pour the rice over the meat mixture in an even layer. Increase heat to high.

- The rice should be covered with about ½ inch of water. **Do not stir.** You may need to add more hot water.
- Season with the rest of salt and let the water evaporate.
- Reduce heat to low. Put the cooked garlic on the top of the mixture. Cover and steam until rice is tender and liquid has been absorbed. This will take about 20 minutes.
- Check to make sure that the rice has been thoroughly cooked (add more hot water if necessary. Steam again for 5 minutes).
- Mix the ingredients as you serve the dish on a platter. Garnish with the garlic heads.

## Uzbek Vegetarian Plov

### Ingredients:

- 2 cups of Uncle Ben's rice (or Basmati rice)
- 1 cup of olive oil
- 1 can of Chickpeas
- 3-4 large carrots (or 1 pound of carrots)
- 1 large onions
- 1/4cup raisins
- 1 cup of dried prune (10-15 pieces)
- 1 cup of dried apricot
- 2 tsp. salt
- 1 tsp cumin
- 1 tsp coriander
- approx. 2 cups boiling water or vegetable broth



### Steps:

The method of cooking is the same, except:

- We don't put the meat
- Instead of cooking (steaming) the mixture of carrots and onion for 30 minutes before putting rice, we steam the mixture for **5-10 minutes.**
- We put dried prune and apricot on the top of rice before **steaming rice for 20 minutes.**