



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

Uzbek Pilaf

Özbek Pilavı



2 cups rice
2 medium carrots
1 big onion
8.8 ounces meat cubes
4 garlic cloves
1/3 cup sultana
1/4 tsp allspice
1/4 tsp cinnamon
1 + 1/2 tsp salt
1 tsp black pepper
3 cups broth
1/3 cup sunflower oil
1 tbsp butter

- # Roast the meat cubes over medium heat without oil addition, until the broth evaporates totally. Add 3 cups water in it and boil until it softens.
- # Meanwhile, rest the rice in salty and lemony warm water. Dice the onion. Wash the garlic cloves without decorticating them. Slice the carrots into match size. Rest the sultanas in water..
- # Strain the boiled meat, and eat its broth. If the broth is less than 3 cups, add water on it to get 3 cups of broth.
- # Put sunflower oil and butter in a pot, and place the pot over high heat. Add onion in it, and roast until the onion turns to transparent.
- # Then add the carrot and the non-decorticated garlic cloves in it. Roast it by stirring it constantly until the liquid of the mixture evaporates totally.
- # Wash the rested rice until the starch over the rice goes away, strain it. Then add the rice into the pot, roast it for about 5 minutes.
- # Add sultanas, salt, black pepper, allspice, cinnamon, boiled meat and 3 cups of broth in it, stir and cover the lid of the pot.
- # Cook the pilaf over medium heat for 10 minutes, then cook it over low heat for 10 minutes, in total 20 minutes cooking time. Then remove it from the stove. Place a paper towel between the pot and its lid, and rest the pilaf for half an hour.
- # Stir it without mashing the pilaf, place onto the service plate.

Note: There are various recipes of Uzbek pilaf in various cookbooks. The recipe which is published at Mutevazi Lezzetler is inspired of an Uzbek head cook.