

Uzbek Plov Lamb and Rice Pilaf

Oscar · 29/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

8

Description

After searching everywhere for a Uzbek plov lamb and rice pilaf recipe to recreate an amazing dish I tried at a Middle Eastern restaurant I decided to try making this myself Though not authentic it still is amazing Enjoy

Ingredients

- - 2 cups basmati rice - 4 whole heads garlic - ½ cup vegetable oil - 2 pounds boneless leg of lamb
- cut into 3-inch pieces - 2 large onions
- thinly sliced - 5 large carrots
- coarsely grated - ½ cup fresh barberries - 2 tablespoons cumin seeds - 2 tablespoons coriander seeds - 1 teaspoon whole black peppercorns - 2 cups boiling water to cover - 2 tablespoons salt

Instructions

1. Place basmati rice in a large bowl; cover with warm water and set aside. Wash whole heads garlic; set aside. Heat vegetable oil in a Dutch oven or large skillet over high heat until smoking. Add lamb; cook
2. turning occasionally
3. until evenly browned
4. about 10 minutes. Stir in onions; cook and stir until softened and browned
5. about 10 minutes. Stir in carrots; cook and stir until softened
6. about 10 minutes. Add barberries
7. cumin
8. coriander
9. and peppercorns; drop whole heads garlic into Dutch oven
10. stirring to evenly distribute. Reduce heat to medium. Cover and cook 30 minutes. Wash and drain basmati rice with hot water; add to Dutch oven in an even layer on top of lamb. Slowly pour in 2 cups boiling water. The rice should be covered with about 3/4-inch water. Do not stir. Season with salt; reduce heat to medium-low. Cover and cook until rice is tender and liquid absorbed
11. about 20 minutes. Stir rice and lamb together; serve with whole garlic heads on top.