

Afghani Kabli Pulao

Jacob · 28/09/2024



Prep Time

32 mins

Difficult

Medium

Servings

1 hr 39 mins

Description

This Afghan rice dice called kabuli pulao is made in a pressure cooker The perfectly textured rice is infused with flavor from a seasoned homemade broth You can also prepare it on your stovetop

Ingredients

- - 1 onion
- peeled and halved - 1 whole head garlic
- loose skins removed - 1 cinnamon stick - 4 cardamom pods
- crushed - 1 teaspoon ground black pepper - 1 teaspoon cumin seed - 1 teaspoon salt - 1 teaspoon white sugar - 1 teaspoon paprika - 1 teaspoon coriander seeds - 4 whole cloves - 3 ½ cups water
- or as needed to cover - 2 cups sella basmati rice - 1 tablespoon canola oil - 1 onion
- chopped - 3 cloves garlic
- minced - 1 cup matchstick carrots - ½ cup raisins - ½ cup slivered almonds - 1 teaspoon cumin seed - 1 teaspoon ground black pepper - 1 cardamom pod
- shell removed and seeds crushed into a powder - 1 whole clove

Instructions

1. Make the broth: Place halved onion
2. garlic head
3. cinnamon stick
4. cardamom pods
5. pepper
6. cumin seed
7. salt
8. sugar
9. paprika
10. coriander seeds
11. and cloves into a pressure cooker. Pour in water to cover. Close the cooker securely and place the pressure regulator over the vent according to manufacturer's instructions. Set to high and heat until steam escapes in a steady flow and makes a whistling sound
12. about 5 minutes. Reduce to medium and cook for 20 minutes. Let the pressure release naturally
13. about 10 minutes. Unlock the lid and remove. When the broth is almost finished
14. start the rice: Soak rice in cool water for 5 minutes
15. then rinse until water runs clear. Strain cooled broth into a bowl. Clean out the pressure cooker
16. then place over medium heat and add oil. Add onion and garlic to the cooker; cook and stir until softened and browned
17. 7 to 10 minutes. Stir in carrots and cook until soft
18. about 3 minutes more. Add strained rice
19. raisins
20. almonds
21. cumin seed
22. pepper
23. cardamom powder
24. and clove. Stir to combine
25. then pour in enough broth to cover. Close the cooker securely and seal the vent; set to high and heat until the first whistle
26. 5 to 7 minutes. Reduce to medium and cook for 5 minutes. Remove from the heat and let rest for 7 minutes
27. then let pressure release naturally
28. about 10 minutes. Immediately transfer cooked rice to a serving dish to prevent overcooking. Stovetop
Directions: Boil broth ingredients for 1 hour. After soaking the rice
29. combine all rice ingredients and all broth (if broth doesn't measure 3 1/2 cups
30. add water to get that amount of liquid) and bring to a boil. Reduce heat to low and place a paper towel over the pot. Cover with a lid and cook until rice is tender
31. about 25 minutes. Recipe Tips When soaking the rice
32. you can add chicken or beef bouillon cubes to the water to add flavor or use broth for soaking instead of water. The rice should be soft after soaking
33. so in Step 5
34. you only need to add enough broth to cover the rice. If the rice is still hard after soaking
35. add about 3/8 inch more broth.