Main dishes / Afghanistan

Kabuli pulao



Rice with lamb under a layer of caramelised carrot, raisins and almonds. Afghanistan's national dish.

Time 155 min **Servings** 6

What you'll need.

- [ ] 1 kg Lamb on the bone
- [ ] 700 g Basmati rice
- [ ] 500 g Carrots — in fine matchsticks
- [ ] 150 g Raisins
- [ ] 80 g Almonds — slivered
- [ ] 50 g Pistachios
- [ ] 2 piece Onions
- [ ] 4 tbsp Sugar
- [ ] 2 tsp Char masala
- [ ] 1 tsp Cumin seed
- [ ] 6 piece Cardamom
- [ ] 150 ml Vegetable oil
- [ ] Salt and pepper — to taste

Let's make it.

01 Soak the rice in salted water for two hours and rinse it until the water runs clear.

02 Fry the onion in oil until deep gold, add the meat and brown it.

03 Add a litre of water, the cardamom and salt and simmer an hour, until the meat is tender. Strain the broth.

04 Melt two spoons of sugar in a dry pan to a dark caramel and let it down carefully with a ladle of broth.

05 Fry the carrot with the rest of the sugar for five minutes until glossy, add the raisins and nuts and take it off.

06 Parboil the rice for five minutes and drain it.

07 Layer the rice over the meat in the pot, spoon over the caramel broth, dust with char masala, pierce to the bottom and hold covered thirty minutes on a low heat. Serve with the carrot and raisins on top.

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