Main dishes / Tanzania

Zanzibar pilau



Rice with beef on the island's spices: clove, cardamom, cinnamon and black pepper, and no turmeric at all.

Time 100 min **Servings** 6

What you'll need.

- ☐ 800 g Beef — diced
- ☐ 600 g Basmati rice
- ☐ 4 piece Onions — thinly sliced
- ☐ 10 piece Cloves
- ☐ 8 piece Cardamom pods
- ☐ 2 piece Cinnamon stick
- ☐ 2 tsp Cumin seed
- ☐ 1 tsp Black peppercorns
- ☐ 6 clove Garlic
- ☐ 40 g Ginger
- ☐ 3 piece Potatoes
- ☐ 100 ml Vegetable oil
- ☐ Salt — to taste

Let's make it.

01 Rinse the rice until the water runs clear and soak it twenty minutes.

02 Simmer the beef with half the spices for forty minutes, until tender. Keep the broth.

03 Fry the onion in oil over medium heat for twenty minutes, to a deep brown, almost black.

04 Add the garlic, ginger and the remaining spices and warm them two minutes.

05 Add the cooked meat and the diced potato, stir and warm through five minutes.

06 Add the rice, pour in broth at one and a half times the volume of the rice, and season.

07 Bring it up, cover and cook twenty minutes on a low heat without lifting the lid. Rest it ten minutes.

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