

# Plov

*Plov is the premier traditional dish of Uzbek cuisine. There are more than 100 different recipes for Plov in Uzbekistan, with each region producing its own recipe. In Ferghana, for instance, they cook dark Plov; in Samarkand the Plov is served with carrot and meat on top of the rice; and in Tashkent, holiday Plov is cooked with raisins and chickpeas. Within Uzbek families only men are considered to be able to cook proper, delicious Plov. Cooking Plov requires four stages of preparation of the ingredients: frying, boiling, stewing and steaming.*

## INGREDIENTS

Serves 6

600 grams mutton fillet with ribs \*  
8 yellow or red carrots  
4 onions  
3 cups rice  
50 grams chickpeas \*\*  
50 grams raisins \*\*\*  
Cumin  
Barberry \*\*\*\*  
Turmeric  
2 1/2 cups vegetable oil  
Salt

\*~1.3 lbs mutton fillet (or meat of your choice)

\*\*1 can (1.5oz) of chickpeas

\*\*\*1/3 cup of raisins

\*\*\*\*can substitute golden raisins

**1** The chickpeas should be soaked in warm water one day in advance.

**2** Heat the oil in a cauldron. On a high heat, fry the meat, cut into large pieces, till brown.

### COOK'S TIP

If the water boils off too fast you must keep adding boiling water to the mix.



**3** Add the onions and fry till golden, add the shredded carrots and salt, and cook on high heat for 7-10 minutes. Pour in enough water to cover the contents of the cauldron in 2 cm of water.

**4** In the middle on top, heap the chickpeas in a small mound and cover it with a porcelain bowl. After 2 minutes add the washed raisins, cumin, barberry and turmeric. Cook on a low heat for 1 1/2 hour without a lid.

**5** Meanwhile wash the rice in a bowl and pour warm water on it.



**6** Remove the porcelain bowl from the chickpeas. Turn up the heat. Decant the water from the rice and spread the rice out evenly in the cauldron. Cook 10 minutes on high flame stirring the rice, and cook for another 5 minutes with the lid on. Turn down to lowest heat, heap up the rice in the shape of a small hillock, put the lid on tightly and cook for another 20 minutes.

**7** Turn off the heat. Stir the rice and carrots. Serve the plov on a large plate with the pieces of meat on top of the rice cut into cubes.

