

KABULI PILAU

The national dish of Afghanistan is **Kabuli Pilau**, a steamed rice dish with carrots, sultanas and spices. It is placed in the centre of a meal at celebrations such as **Nowruz** or **New Year**.

Please ask a grown-up to help you make it! Thank you.



➤ Prep 15 mins ➤ Cook 45 mins ➤ Total 1 hour ➤ Serves 4

Ingredients

For the spice mix

- 5 cloves garlic
- 5 green cardamom pods
- ½ tablespoon coriander seeds
- ½ tablespoon whole black peppercorns
- ½ tablespoon cumin seeds
- 3 cloves
- 1 bay leaf
- ½ large cinnamon stick
- 1 tablespoon salt, or to taste
- Oil for frying
- (Optional) 450g chunks of cooked lamb

For the carrot topping

- 1 medium carrot, cut in long, very thin strips
- ½ handful raisins or sultanas
- ½ handful nuts, lightly crushed
- 1 tablespoon sugar
- Oil for frying

For the rice

- 1 medium onion, thinly sliced
- ½ tablespoon cumin seeds
- Oil to fry the onion
- 340g basmati rice
- 700ml vegetable (or meat) stock

Instructions

1. Mix all the spices together in a bowl. Add some oil to a large frying pan. When hot, put in all the spices and fry for a few minutes until the garlic and cumin seeds change colour. Careful not to burn the spices. If you are using cooked lamb chunks, add these to heat through and become spice flavoured. Take the spice mix (and lamb) out of the pan and put back into a bowl.
2. Put another one or two tablespoons of oil into the large frying pan and add the thin strips of carrots. Cook the carrots for 5 minutes. When they are just soft, then add the raisins. Cook for another 5 minutes, until the raisins begin to swell. Add the tablespoon of sugar and the lightly crushed nuts and cook for just 1 minute. Turn off the heat.
3. Take a sheet of aluminium foil and scoop all the carrot mix inside. Fold it around the edges to make a parcel shape.
4. Put another one or two tablespoons of oil into a large saucepan. When hot, add the thinly sliced small onions and half a tablespoon of cumin seeds. Cook the onions until they are light brown.
5. Add just enough stock to cover the onions. Cook for another 5 minutes or until the liquid has evaporated.
6. Add the rice and the rest of the stock.
7. Cook on high heat until the stock there is very little liquid left in the pot. Stir carefully once or twice making sure you don't break the grains of rice.
8. Now reduce the heat as low as possible. Carefully stir in your spice mix and carrot mix into the rice and put a lid on the pan. Steam for 10-15 minutes until the rice is soft and tasty and all the liquid has evaporated.
9. Your Kabuli Pilau is ready! Yum! Serve with salad.

