



# Qabili Palau (Kabul Style Pilaf)

Palau is the word Afghans use to describe Pilaf. Rice Pilaf dishes have been popular in the Middle East and Central Asia since ancient times.

The word Qabili is often exchanged with the word Kabuli to mean something comes from Kabul, Afghanistan's capital. Over 5,000 years old, the city is the cultural and economic capital of Afghanistan. Some of its most important foods such as fresh and dried fruits, nuts and lamb are used in this recipe. Chicken can also be used. This is a dish meant to be eaten at special occasions and significant family meals.

**Prep Time:** 30 minutes    **Cook Time:** 1 hour and 15 minutes    **Total Time:** 1 hour and 45 minutes

## Ingredients ↓

- ½ cup vegetable oil
- 1 medium yellow onion, diced
- 1 to 1½ pounds lamb or chicken stew meat, cubed
- 2½ teaspoons salt
- 1 to 1½ teaspoons ground cinnamon
- 1 to 1½ teaspoons ground cumin
- 1 to 1½ teaspoons ground cardamom
- 3 carrots, grated or cut into very thin match-stick strips
- 1 teaspoon sugar
- ½ cup black seedless raisins
- 2 cups long-grain rice, preferably basmati

## Equipment ↓

- Knife
- Measuring cups
- Casserole dish
- Pan
- Pot with a lid
- Measuring spoons
- Cutting board
- 2 bowls
- Strainer
- Serving platter

# Directions ↓

- 1 Heat  $\frac{1}{4}$  cup vegetable oil in a large saucepan over medium heat.
- 2 Add yellow onion and sauté for 4 minutes or until dark golden.
- 3 Add lamb or chicken and cook for 10 to 12 minutes or until brown.
- 4 Add 2 cups water, 1 teaspoon of the salt, cinnamon, cumin, and cardamom.
- 5 Increase heat to high and bring to a boil.
- 6 Reduce heat to low, stir, cover tightly and simmer for about 1 hour.
- 7 Strain broth into a bowl and place meat in another.
- 8 Heat remaining  $\frac{1}{4}$  cup vegetable oil in a large pot over medium heat.
- 9 Add carrots and sugar and sauté until golden. (3 minutes)
- 10 Remove carrots from oil. Add raisins to the oil and cook until they plump up. (1 minute)
- 11 Pour meat juice into pot; add rice,  $1\frac{1}{2}$  teaspoons salt and 3 cups boiling water.
- 12 Bring mixture to a boil, reduce heat to low, cover and cook for about 20 minutes or until water is absorbed and rice is tender.
- 13 To serve, carefully invert rice mixture onto a serving platter. Garnish with carrots and raisins on top.