

Recipe by
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Uzbek Plov



Ingredients

500 g meat (mutton, beef or pork)

500 g long-grain white rice

500 g carrots

120 g onion

1 clove of garlic

80 g chickpeas

salt, spices

300 ml oil

water

1 hot pepper



Preparation

Pour oil into a thick-bottomed pot. Put in the meat pieces, then the onions, and fry. Add the carrot sticks, and fry for a few more minutes. Sprinkle with salt, pepper and spices. Pour in water and simmer for 45–60 minutes. This makes *zierwak*. 10 minutes before the end of the cooking time of the herb, add the chickpeas and then the whole hot pepper. Place a layer of soaked and drained rice on top. Close tightly. The water should cover the rice by a palm's width. Add water if needed. Evaporate excess water over a large heat, in an uncovered pot. Use the handle of a spoon to make holes in the dish so that the water evaporates faster. Only stir the rice only at the top at this point. Form the rice on the dish into a mound. Tap. Cover and simmer on the lowest heat for another 40 minutes. Place paper towels under the lid to absorb moisture and change them during cooking.

