

Kabuli Pulao

1. 3 cups Rice, wash and soak the rice for 1 hour.
2. Slice 3 Onions, and mince 2 Cloves of Garlic.
3. Fry onion in 3 tablespoons Oil . and fry 1 kg Lamb shanks.
4. 1/2 teaspoon Turmeric powder and 1 teaspoon Coriander powder, Salt to taste.
5. 1 Litre Water or Stock. Cover and cook for 40 min. or until the meat is fork tender by Pressure cooker.
6. Remove the meat and set aside, simmer the broth for 10min.
7. 3 Carrots, peeled & cut into matchsticks or shredded, place them in the Water.
8. 1/2 cup Raisins, wash & soak for 10 min.
9. 3 tablespoons Oil, cook for 5-10 min to soften.
10. 3 tablespoons Sugar, 1/4 teaspoon Cardamom powder,
11. Put raisin in the pan where the carrots are taken out, cook for 1 min.
12. Set aside.
13. Strain the broth and set aside.
14. 1 tablespoon Oil, 1/2 teaspoon Paprika powder, 1 teaspoon Tomato paste cook for 1 min.
15. Add 2 cups Broth, once it started boiling turn the heat off. 3 Litres of Water bring to boil. Salt Drain the soaked rice and add boiling water, cook for 5-6min.
16. It should break quite easily but still a bit hard 80% done.
17. Drain the rice Completely. Place it back into the pot. 1 teaspoon Afghan pulao masla. Lamb broth, Mix gently 2-3 times to get a uniform color.
18. After you adjust the shape of the rice in the cooker, poke 4-5 holes through to the bottom of the pot., cook for 5-6 min on medium heat.
19. Return the lamb meat back to the pot on the rice, cover with Clean kitchen towel and cook for another 20-25 min on low heat to simmer gently.
20. Ready to Serve, Put carrots and raisin on rice, garnish with lamb meat, and it is done.