

# AFGHANI KABULI PILAU

FROM THE KITCHEN OF *Nazdana*



## INGREDIENTS

1/4 cup oil  
2 onions  
1 lb boneless lamb  
1/2 tsp garam masala  
1/4 tsp ground cardamom  
1/4 tsp ground cinnamon

1 tbsp salt  
1 1/2 cup carrots, cut into matchsticks  
1 cup raisins  
1 tbsp sugar  
2 cups basmati rice

## INSTRUCTIONS

Heat oil 1/8 cup oil and add 2 chopped yellow onions and gently fry until golden brown. Remove and set aside.

Add 1 lb cubed boneless lamb to the pan and fry over high heat until browned. Add spices and stir well.

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Add 1 ½ cups water and return onions to the pan. Cover and simmer for one hour.

Add remaining 1/8 cup oil to a frying pan, add 1 ½ cups carrots and fry over medium heat until lightly colored.

Add 1 cup raisins and continue to fry, stirring until raisins become plump. Sprinkle carrot and raisin mixture with 2 tsp granulated sugar and set aside.

Wash and strain rice. Bring 6 cups water to a boil with 1 tbsp salt. Add rice, return to a boil, and boil for 6 minutes. Strain.

Sprinkle rice over lamb and top with carrots/raisin mixture.

Place two paper towels over pan and cover tightly with a lid. Cook over medium heat for 5 minutes, then reduce the heat to low and cook for 25 minutes more. Remove from heat and keep covered for 5 minutes before serving.



Nazdana's husband served in the US army in Afghanistan for 9 years. When Kabul fell, their family was forced to flee their home in fear of Taliban retribution. Nazdana has always been creative and enjoys sewing, embroidery and designing. Nazdana has two beautiful little boys named Modasir and Rafiq and loves bonding with them as they learn English together. She is so excited at the opportunity to support her family and sell her handmade crafts in her new US home!



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