

## **Afghani Lamb And Rice Dish Recipe**

Known in Afghanistan as quabili pilau, this is a delicious and festive dish. A combination of several quabili recipes that I found online and made my own, my inspiration coming from an Afghani family in town that operates a food cart from which they sell the most delightful Afghani food. This is truly a perfect example of the best fusion of Asian and Arabic ingredients.

1 hour

SERVES 5 -6

### **Meat**

1 lb ground lamb

1 medium yellow onion, diced

1 tablespoon olive oil, for sautéing

1½ teaspoons sugar

### **Rice**

1½ cups long grain basmati rice

3 cups lamb stock, reserved from boiling the meat, adding water to make 3 cups total if necessary

½ teaspoon saffron thread, soaked in a small amount of boiling water

1½ teaspoons cinnamon or 1 cinnamon stick

1½ teaspoons ground cumin

1½ teaspoons ground coriander

1/3 teaspoon cardamom powder

Salt & freshly ground black pepper

### **Garnish**

2-3 medium carrots, peeled and cut up into matchsticks

2/3 cup raisins

Preheat oven to 325 degrees. Soak saffron threads and set aside.

**Meat:** In a large pot in plenty of water add the ground lamb, 2 T. of the onion and salt and pepper. Bring to boil and cook meat for about 15-20 minutes or until meat is no longer pink. Drain meat and reserve all the cooking liquid. Set meat aside. (It is very important to save the liquid as this will be used to cook the rice.)

**Rice:** In pan combine the reserved lamb stock, the rice, the saffron threads- straining the threads but including the soaking water, cinnamon, ground cumin, ground coriander and the cardamom powder. Cover, bring to boil and simmer 20 minutes or until grains are tender.

While the rice is cooking sauté the carrots with the sugar on medium heat in a little bit of oil about 5 minutes, being careful not to burn. Next add the onion and raisins and sauté another 2 or 3 minutes until carrots are slightly tender but still firm, onions are soft and raisins have plumped up. Set aside.

Lightly oil an oven proof casserole dish. Spoon half of the carrot mixture on bottom of casserole, followed by part of the meat mixture, then some of the rice, layering the ingredients so that you end up with rice on top. Cover and bake about 25 minutes in low oven.

Remove casserole dish from oven. Garnish with the remaining carrot/raisin mixture and fresh cilantro sprigs. Season with salt if necessary.

**Nutrition Facts**

Serving Size 1 (217g)

Recipe makes 5 servings

The following items or measurements are not included below:

lamb stock

<b>Calories 573</b>	
Calories from Fat 233	(40%)
<b>Amount Per Serving</b>	<b>%DV</b>
Total Fat 26.0g	39%
Saturated Fat 10.0g	49%
Monounsaturated Fat 11.4g	
Polyunsaturated Fat 2.6g	
Trans Fat 0.0g	
<b>Cholesterol 66mg</b>	22%
<b>Sodium 78mg</b>	3%
<b>Potassium 604mg</b>	17%
<b>Total Carbohydrate 65.3g</b>	21%
Dietary Fiber 4.3g	17%
Sugars 15.3g	
<b>Protein 20.7g</b>	41%
Vitamin A 4112mcg	82%
Vitamin B6 0.5mg	25%
Vitamin B12 2.1mcg	35%
Vitamin C 3mg	6%
Vitamin E 1mcg	4%
Calcium 68mg	6%
Iron 3mg	19%