

SPICE WORLD



KABULI PULAO

SERVES 8



A CHANCE TO LEARN MORE...

- **NPR'S Throughline Episode: Afghanistan The Center of the World**

- Afghanistan has, for centuries, been at the center of the world. Long before the U.S invasion - before the U.S was even a nation - countless civilizations intersected there, weaving together a colorful tapestry of foods, languages, ethnicities, and visions of what Afghanistan was and could be.

- **Music**

- While cooking your meal, enjoy some Afghani music on Youtube or Spotify. Here are a few popular performers to check out:
- Ahmad Zahir
- Kishore Kumar

- **Children's books**

- Families, just like ours are being affected. Afghanistan is not solely the Taliban. Afghanistan, with its rich history and resilient people, it's so much more than that. These titles are all available to check out at The Library.
- Brave with Beauty: A Story of Afghanistan by Maxine Rose Schur
- The Library Bus by Bahram Rahman
- Razia's Ray of Hope: One Girl's Dream of an Education by Elizabeth Suneby
- Rumi: Whirling Dervish by Demi



WHAT'S IN THE KIT?

In each spice kit, you will receive all the spices and unusual pantry items to make this particular dish. Please tag us on Facebook and/or Instagram with pictures of your recipes or email them to us at info@acplwy.org.

This kit includes:

- 1 teaspoon cardamom
- 1 cup dried apricots
- 1 cup raisins
- 1/8 teaspoon saffron strands
- 3 teaspoons cumin

You will need:

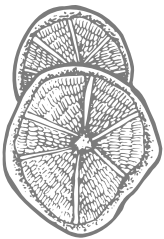
- 1 cup basmati or other long-grain rice
- 2 lb lamb or beef cut into pieces
- 2 carrots
- Salt and black pepper
- 3 tablespoons sugar
- 1 onion
- 4 cloves garlic
- 3 tablespoons sesame oil
- 3 tablespoons vegetable oil
- 1 tablespoon tomato paste
- 1 1/2 tablespoons butter
- 2 sticks cinnamon

A BRIEF HISTORY...

Kabuli Pulao was a dish originally created by the upper-class families of Kabul who could afford to include caramelized carrots, raisins, and nuts in their rice. With time, as the masses became wealthier the dish became more common and a staple all around. Over time, the name changed from Kabuli Palau to Qabil Pulao, however, when written we still write the original spellings. The word *Qabil* -- means "learned" indicating that only a learned chef could make it.



Kabuli Pulao is a traditional Afghan dish but equally owned by the Khyber-Pakhtunkhwa Province in Pakistan. No celebration is complete in either of the regions without this dish. Every Afghan & Pushton family has their own family recipe of this flavorful and highly aromatic pulao.



People from the Khyber-Pakhtynkhwa region and central Asia made simple yet exotic meals using local resources available to them. Flavorful rice, meat, carrots, grapes, raisins and other kinds of dry fruits are indigenously grown in Afghanistan, which is one of the reasons why the Kabuli Pulao is adorned with these discrete flavours.



RECIPE

- 2 cups basmati rice
- 2 cups freshly boiled water
- 2 Lamb shanks or shoulder or leg (you can sub beef)
- 2 carrots
- 1 cup raisins
- 1 onion
- 4 cloves garlic
- 3 tablespoons vegetable oil
- 3 tablespoons sesame oil
- 1.5 tablespoons butter
- 1 tablespoon tomato paste
- 3 teaspoons cumin
- 3 teaspoons sugar
- 1 teaspoon cardamom
- 2 cinnamon sticks
- 1 teaspoon turmeric
- 1/2 teaspoon black pepper
- 1 tablespoon + 1/2 teaspoon salt
- 1/8 teaspoon saffron
- 2 ice cubes (for blooming the saffron)
- 1 cup dried apricots
- 1 tablespoon slivered pistachios *optional

RECIPE

Prep the ingredients

1. Transfer the 2 ice cubes into a glass. Sprinkle the saffron over the ice. Let the ice melt. The saffron will dissolve in the water. Alternatively, you can dissolve it in a few tablespoons of freshly boiled water.
2. Peel the onion, cut it in half and slice it. Peel the garlic cloves and slice them as well.
3. Peel the carrots and chop them in julienne size.
4. Rinse the raisins and set them aside to dry.

Cook the meat

1. Cut the meat into 2" large chunks
2. Heat 2 tablespoons sesame oil in a frying pan and fry the meat for about 10 minutes until golden brown on all sides.
3. Remove the meat from the pan and gently fry the onions in the same oil. After 5 minutes add the garlic and fry together for 5 more minutes.
4. Then add the tomato paste to the onions and season with turmeric, cardamon, black pepper, 3 teaspoon of cumin, and salt. Combine everything well and let the tomato paste fry gently for 5 minutes, then add 2 cups freshly boiled water.
5. Give the mixture a good stir and return the meat to the pan. Put the lid on and simmer over low heat for 1 hour 45 minutes.
6. After about 1 hour add half the saffron water.



RECIPE

Fry the Carrots, Raisins, and Apricots

1. Melt the butter in a small pan. Add the carrots and apricots gently fry them over low heat for about 5 minutes. Then sprinkle sugar over them and put on the lid. Let them caramelize for about 10 minutes.
2. Remove the carrots and apricots from the pan. Gently fry the raisins in the same pan for a few minutes, stirring constantly. Set aside for later.

Parboil the rice

1. Start preparing the rice 15 minutes toward the end of the cooking time for the meat.
2. Wash the rice by moving it around in a bowl of water, draining it, adding freshwater, and repeating the process 4-5 times.
3. Bring at least 5 cups of water to boil in a large pan. Add 1 tablespoon of salt and let it dissolve.
4. Once the water is boiling add the rice and stir to make sure it doesn't stick together.
5. After about 3 minutes fish out a piece of rice and either bite or cut through it. When the rice is soft on the outside and still firm on the inside, it means the rice is pre-cooked. This can take up to 10 minutes depending on your rice. Basmati, typically only takes up to 3 minutes.
6. Drain the rice in a colander and rinse it thoroughly with cold water. This will interrupt the cooking process as well as wash off any excess salt.

Finish the Sauce

1. Once the meat is cooked, remove it from the pan. The sauce should be nicely reduced now. Sieve the sauce through a strainer to filter out the onion and garlic. All their goodness is in the sauce and you can discard them.

RECIPE

Layer the Rice

1. Set some of the carrots, raisins, and apricots aside for later as a garnish.
2. Add 3 tablespoons of vegetable oil and 2 tablespoons of hot water to the pan you want to finish cooking your rice in.
3. Now add a little rice to the pan, enough to cover the bottom of it. Then add a little sauce, a little meat, some carrots, apricots, and raisins. Sprinkle with some of the remaining cumin.
4. Repeat these steps until all the ingredients are used up. Pour the remaining saffron water over the rice in the end.
5. Poke 3 holes through the rice with the back of a wooden spoon. Heat the pan over medium temperature. Line the lid with a clean kitchen towel. As soon as steam rises from the rise put the lid on. Reduce the temperature to low and let the Kabuli Pulao steam for 45 minutes.

Serve your Kabuli Pulao

1. Submerge the bottom of the pan into a sink filled with a bit of cold water so the *tadig*, the crispy part of the rice from the bottom of the pan, comes off easily.
2. Serve your Kabuli Pulao on a large plate. Garnish with the carrots and raisins, you set aside earlier and sprinkle with slivered pistachios if you like. Enjoy!