

Qabili Pilau : Serves 4

Ingredients

- 1 lb long grain rice, preferably basmati
- 4 ll oz vegetable oil
- 1 1/2 lb lamb, or Beef boneless or 1 chicken, cut in pieces
- 1/2 pint water
- 2 large carrots
- 4 oz black seedless raisins
- 2 tsp char marsala or cumin
- 1/4 tsp saffron (optional)
- 2 1/2 pints water
- salt and pepper

Directions

Brown 1 medium diced onion in oil. Fry until the onion is fairly dark. Add 1 lb lamb or beef cut into 1 "-2" cubes and brown lightly.

Add 2 cups of water, 1 tsp. Salt and 1 to 1 % tsp each (cinnamon, ground cumin and ground cardamom) Cover and simmer until meat is tender, about an hour.

Remove meat from the juice and set juice aside. Cut 3 carrots into match stick size pieces. Saute carrots and 1 tsp sugar in about 1/4 cup of oil. Cook until they are lightly browned. Remove from oil Add 1 cup of raisins (1 prefer golden sultanas) to the oil and cook until they swell up.

Boil the meat juice and add 2 cups basmati (very long grained) rice, 1 ½ tsp salt and enough boiling water to come 2 inches over the rice. Cook until the water is absorbed and the rice is tender--but NOT mushy.

Mix the meat, carrots, raisins and rice together. Place in a large oven-proof casserole, cover and bake at 300 degrees for about a half hour--or up to an hour. To serve--place on platter, making sure the carrots and raisins show on top.