



Pilaf in Uzbek

Ingredients:



- Beef – 800 grams
- Rice – 700 grams
- Carrots – 2 pieces
- Onions – 2 pieces
- A bay leaf
- Vegetable oil
- Salt
- Pepper
- A head of garlic

Wash the meat, dry it and cut into small cubes.
Peel the carrots and grate it on a medium grater.
Chop the onion.



- Heat the vegetable oil in the cauldron and put the meat fry until it forms a light crust.
- Add the onion and fry another 5 minutes.



Then lay out the carrot and spices and fry 4 minutes on low heat.



Pour one and a half cups of hot water, salt to taste and leave to simmer for 55 minutes.



Rinse the rice several times and drain it.



Place the rice to meat, level and add four cups of water to the meat and rice. Put the garlic into the water.



Leave to simmer until tender.



Hold the ready pilaf under the lid for another 20 minutes, then gently stir and you can serve it to the table.





Bon appetite!

СПАСИБО ЗА ПРОСМОТР

