

RECIPE: QABULI PULAO

with Mehman Rice Extreme Extra Long Grain.

INGREDIENTS:

- Oil ½ cup
 - Onions 1 medium sliced
 - Mutton 500 gm
 - Garlic paste 2 tbsp
 - Water 4-5 cup
 - Salt 2 & ½ tsp or to taste -Sugar 2-3 tbs -Mutton stock
 - Green cardamom powder ½ tsp -Whole spice powder ½ tsp -Oil 3 tbs
 - Onion
 - Boiled mutton
 - Oil 2 tsp
 - Carrots julienne 1 cup
 - Sugar 2 tsp
 - Black raisins ¼ cup
- Assembling:
- Parboiled Mehman rice (with 1 tsp salt) 600 gms -Mutton stock
 - Green cardamom powder 1 tsp
 - Whole spice powder ½ tsp
 - Mutton
 - Carrots & raisins

Method:

- In pot, add oil and onion (sliced), fry until light brown.
- Add mutton and sauté little.
- Add garlic paste and fry until meat changes color.
- Now add water and salt, cook until water is reduced to half and meat is tender.
- Separate meat from stock and set aside.
- Cook stock until it is reduced to 1-1/2 cup, strain the stock and set aside.
- Take separate fry pan, add sugar and caramelize on low flame, add mutton stock and mix it.
- Add whole spice powder, green cardamom powder, mix well and set aside.
- In a wok, add oil and onion, fry until light brown.
- Add boiled mutton meat and fry for 3-4 minutes, set aside.
- In separate fry pan, add oil and carrot julienne, mix it.
- Add sugar and sauté until sugar melts.
- Add black raisins, mix and set aside.



For assembling:

- In pot, add parboiled Mehman rice, spread them and drizzle mutton stock.
- Add green cardamom powder, whole spice powder and fried mutton.
- Lastly topped with carrot and raisins mixture.
- Covered the pot with thick cloth and lid.
- Simmer on low flame for 10-15 minutes.
- Garnish with carrot, raisins mixture and blanch almonds.