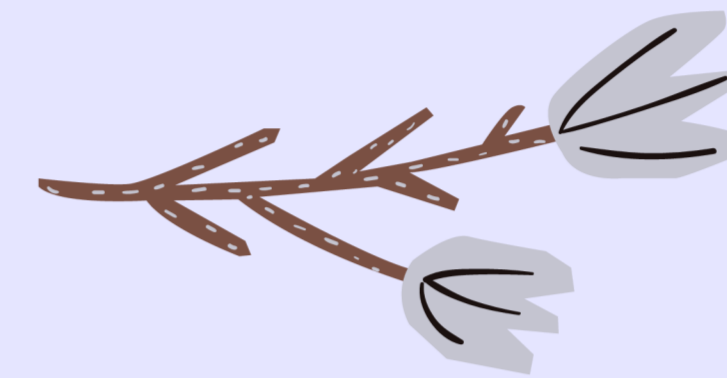


Kabuli Palaw

Serves 4



Ingredients

4 cups basmati rice
600g lamb
2 medium onions
vegetable oil

2 garlic cloves
2 large carrots
½ cup raisins
Salt, pepper, cinnamon

Method

STEP 1

Soak rice in salty water for 30 minutes then drain.

STEP 2

Heat oil in a pot. Add chopped onions until golden.

Add the meat and fry until lightly browned.

Add garlic, salt, black pepper, cinnamon, cardamom and cumin.

Add water and let the meat cook on low heat until tender.

STEP 3

Heat oil in a pan. Add the carrots gently for a few minutes.

Add sugar and let the carrots soften slightly.

Add the raisins and cook briefly.

STEP 4

In the pot, layer half the rice, then the cooked meat, then the remaining rice.

Sprinkle the carrot and raisin mixture on top.

Make a few holes in the rice, cover with a clean cloth and lid, and steam on low heat for 20–30 minutes until fully cooked.



Kabuli Palaw was more than a recipe in our family. It was a tradition. It was cooked only on special days, when everyone was expected to come home. The smell of onions frying and spices warming in oil meant something important was happening. The elders prepared the meat slowly, with patience, while the younger ones helped wash the rice or slice carrots into thin strands. Everyone had a role, even if small. When the pot was finally opened, the carrots and raisins rested proudly on top, just like they always had. We gathered around the table, shared the first spoonful, and for a moment, everything felt complete.