

# Yakhni Pulao

Rice cooked in flavorful spicy Yakhni which means “soup” or “stock”. The stock is made first by cooking the meat with the spices then adding the rice to soak up all the flavors of lamb and spices.

**Prep & Cook Time:** 70 minutes      **Yields:** 5-6 cookies      **Meal:** Main

\* Cooking time becomes less if pressure coking.



Recipe: [Yasmen-healthnut.blogspot.ca](http://Yasmen-healthnut.blogspot.ca)

## Ingredients:

- 2 lbs Lamb, fat trimmed and cut in medium pieces
- 4 cups Long grain Basmati Rice
- 1 large onion, thinly sliced
- 1/2 teaspoon turmeric
- 1 teaspoon chili powder
- 1 teaspoon ginger and garlic paste, use fresh ground if possible
- 1 teaspoon garam masala
- 1 cup low fat Yogurt
- Chopped cilantro and roasted nuts for Garnish.
- 2 tablespoon Olive oil or vegetable oil
- 1 1/2 teaspoon salt

## Method:

1. Mix the cleaned lamb with the all the yogurt, salt and spices and allow to marinate for an hour.
2. Meanwhile fry the onion in oil. Use a thick bottom skillet or a pressure cooker, heat oil and saute onions on medium heat until lightly brown and crisp. Transfer the fried onions on to a kitchen towel. Mix half in the lamb and reserve rest for garnish.
3. Wash the rice and allow to soak for 15 minutes.
4. Cook the marinated lamb with onions in pressure cooker for 15-20 minutes or 45-50 minutes in the skillet until cooked through.
5. Uncover and add 2 cups of water in the lamb mixture and bring to a boil.
6. Drain all the water form rice and add to the simmering lamb mixture, cover and cook for about 5-10 minutes in pressure cooker or 20-25 minutes in the skillet until rice is tender. Let sit for 15 minutes before serving.
7. Garnish with fresh herbs or nuts and the reserved fried onions.
8. The meal is incomplete without vegetables, serve any simple vegetable stir fry on side with some cooling cucumber raita(yogurt).