

Chicken Plov (Rice Pilaf)



Ingredients:

- Meat: Organic Chicken Thighs (boneless and skinless) (2.5-3 lbs = 1-1.5 kg) or traditional lamb.
- Grain: Organic Indian Basmati white rice (32 oz = 2 lbs = 905 g).
- Vegetables:
 - 1 onion
 - 10 large carrots (shredded)
 - 2 garlic heads (used whole)
- Grapeseed oil or any other vegetable oil.
- Spices: salt, pepper, cumin, coriander, 2-3 bay leaves, and 3 whole cloves.
- Optional: scallions.
- Cookware: [Lodge Enameled Cast Iron Dutch Oven](#) or you can try a regular pan or a crock pot.

Prep Time: 15 minutes

Cook Time: 2.5 - 3 hours

Directions:

1. Mince 1 onion and sauté it in a large amount of grapeseed oil (~8 oz) on high heat.
2. Add 2.5 – 3 lbs of diced chicken thighs. Boil out all chicken broth (juice).
3. Add shredded carrots. Boil out all liquid. ~ 25 minutes from the beginning of cooking.



4. Add 1 liter (33 oz) of boiling water.
5. Add spices to taste: salt, pepper, cumin, coriander, 2-3 bay leaves, and 3 whole cloves.
6. Cut off the bottoms of the garlic heads and add whole garlic heads to pot.
7. Cover with the lid and set heat to medium. Cook for ~10 minutes.



8. Wash Indian Basmati white rice. Add it evenly on top of the mixture and cover with additional 1 liter (33 oz) of boiling water.
9. Turn heat to high and boil with open lid for a total of 12-15 minutes. When the water starts to seep down into rice (~7-10 minutes), turn heat to medium and cover with a lid.



10. After cooking rice for the above mentioned 15 minutes take the pot off the heat, cover rice with a porcelain plate, cover with the lid, wrap it into a towel and a thick blanket. Let it sit for 0.5-2 hours.
11. Optional: mince scallions and add on top of Plov. Bon Appetite!

