

Uzbek Plof (Pilaf)

Instapot

- 2 1/2 cups long grain rice (I use Jasmine)
- 1 lb lamb or beef stew meat cut into 3/4" pieces** (I often use Chicken as that was commonly used in Kazakhstan because it was cheaper)
- 4 Tbsp [olive oil](#)
- 4 Tbsp butter
- 1 large onion diced
- 3 large carrots grated
- 3 cups broth (beef or chicken)
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp ground cumin
- 1 whole head garlic unpeeled, cut in half crosswise.
- ½ cup Raisins
- Fresh Parsley and Fresh dill (optional)

Instructions

1. Rinse and drain rice and set aside. Set Instant pot to sauté on high heat (push sauté twice to switch to high heat) and add 4 Tbsp olive oil. Once oil is hot (but not smoking), add beef in a single layer and sauté until lightly browned (5 min), stirring occasionally.
2. Add 4 Tbsp butter and chopped onion and stir 3 minutes until softened.
3. Add carrots along with all seasonings and sauté 5 minutes until softened, stirring occasionally.
4. Add raisins
5. Spread rice evenly over the top (do not stir). Push garlic halves cut-side-down, halfway into the rice. Pour broth directly over the garlic cloves so you don't disturb the rice. Use the back of a wooden spoon to poke 5-7 holes through the rice to the bottom of the pot (this helps disburse flavor).
6. Cover and cook on high pressure 20min. Let instant pot rest and naturally depressurize 10 min before switching to the venting position to release steam. Make sure the steam is fully released and the pressure valve has floated down before opening the pot.
7. Remove garlic and set aside. Stir rice well to combine ingredients. We squeeze the garlic cloves back into the pot because they are melt-in-your mouth delicious.
8. After you plate the Plof, top generously with chopped parsley and dill.