



InstaPot Kabuli Pulao

Serves 4 to 5

Ingredients

- 2 to 3 lbs cubed lamb neck or shoulder
- 2 cups Basmati rice
- $\frac{3}{4}$ cup olive oil
- 1 medium onion, thinly sliced
- 2 cloves of garlic, minced
- 1 cinnamon stick (or $\frac{1}{2}$ tsp ground cinnamon)
- 4 green cardamom pods (or $\frac{1}{4}$ tsp ground cardamom)
- 2 tsp cumin seeds
- 3 whole cloves
- 3 to 5 cups stock or water
- 1 tsp + 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- 3 carrots peeled and cut julienne
- 2 tbsp sugar
- 1 cup raisins, soaked then drained
- 1 tsp ground cardamom

1. Heat $\frac{1}{2}$ cup of oil in the InstaPot on Saute and brown meat on all sides. Remove meat to a plate and set aside.
2. Add the onions to the hot oil and sauté until softened, 4 to 5 minutes. Then add the garlic, cinnamon, cardamom, cumin seeds and cloves. Saute for another minute.
3. Return meat to the InstaPot and pour in enough water or stock to cover meat. Add 1 tsp salt and the black pepper. Set the InstaPot to Stew High Pressure 1 hour. If meat is not fork tender return to High Pressure cooking for another half hour. Turn off heat.

4. Cook rice according to package directions. Substitute 1 cup broth from lamb mixture for 1 cup of the water.
5. Heat the remaining $\frac{1}{4}$ cup of oil in a skillet over medium flame. Add the carrots and saute for 1 to 2 minutes to soften. Stir in the sugar and continue to cook for 1 or 2 more minutes to lightly caramelize the sugar, taking care not to let it burn. Stir in the raisins, 1 tsp ground cardamom and 1 tsp salt.
6. Drain broth from the lamb mixture.
7. Place rice in a large serving dish. Cover with the lamb mixture. Top with the rice and carrot mixture. Serve warm.