



Afghanistan ***Kabuli palaw
with pistachios, saffron
and raisins***

Finely chop the onions and julienne the carrots.

Gently sauté the chopped onions in the oil, add the rice and sauté briefly. Stir in the tomato purée and pour over the water.

Bring the water to the boil and season with salt. Cover the pan, remove it from the heat and leave for around 20 minutes, by which time the rice should be cooked.

In another pan, heat the rapeseed oil and caramelize the almonds and raisins with the sugar.

Stir the almond and raisin mixture, together with the julienne carrots and pistachios, into the cooked rice. Season with the spices, stir well and serve.

INGREDIENTS

2 tbsp rapeseed oil
2 onions
30 g tomato purée
300 g basmati rice
6dl water
salt

1 tbsp rapeseed oil
60 g raisins
100 g almonds
4 tbsp sugar

100 g pistachios
1-2 carrots
1-2 tsp garam masala
1 tsp saffron threads

Recipe: www.hiltl.ch