

## Kyrgyz Plov

### Preparations:

1. Season the sliced lamb with salt and pepper, set aside.
2. Heat the cooking oil in non-stick pan. Add the lamb, cover and cook for approximately 10 minutes until all the liquid is drained. Brown the lamb slightly before adding the sliced onions. Add the tomato paste, stir well.
3. Add the shredded carrot, mix well. Cover and cook for 5 minutes just to soften the carrot.
4. Add the rice and stir-fry for about 1 minute. Pour in the hot water, season with salt and pepper. Mix well and reduce the heat. Bring to the boil, cover tightly and simmer for about 35 minutes, until the rice is cooked. (Add little more water if necessary.)
5. Take out the lamb and slice into bite-size. Transfer the rice to a warmed serving dish and top it with the sliced lamb. Serve the Plov with vegetable salad.

**Serving: 4-6 persons**

### Ingredients:

- 6 tablespoons cooking oil
- 200gm lamb or beef; sliced into bigger portion
- 1 big onion; sliced thinly
- 1 large carrot; shredded or cut into matchstick
- 2 cups rice; washed and drained
- 1 tablespoon tomato paste
- 3 cups hot water
- Salt and pepper

### Tips:

- If you know that the lamb or beef require longer cooking time, you can add half cup of water at stage three. Reduce the heat, bring to boil, cover and simmer until the meat is tender.