

Keema Mattar Pilau Recipe

(Minced Meat and Peas with Rice Recipe)

Ingredients: Serves 6

2 cups long grain rice
3 tablespoons ghee or oil
1 teaspoon cumin seeds
1 medium onion, peeled and finely chopped
1 clove garlic, peeled and crushed
½ teaspoon finely grated fresh ginger
6 whole cloves
250 g (8 oz) minced lamb or beef
2 cups shelled green peas
4 cups hot water
3 teaspoons salt
1 teaspoon garam masala

Method:

Wash rice if necessary and leave to drain. Heat ghee in a large heavy-based saucepan with a well-fitting lid. Fry the cumin, onion, garlic, ginger and whole cloves until onion is soft and golden brown. Add meat and fry over moderately high heat until meat is browned. Add peas and half cup water, stir well, cover and cook until peas are half done. Add rice and hot water and stir in the salt. Bring quickly to the boil, cover, turn heat very low and cook for 10 minutes. Uncover and sprinkle with garam masala but do not stir. Replace lid and continue cooking for a further 10 minutes or until liquid is all absorbed and rice is cooked through. Serve hot.

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