RICE PILOU

From Alma Russell Dobra

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Serves 20 people

Prepare meat-about 1 bl meat to 2 cups rice. Can use any kind of meat. Chicken, veal, mutton, beef.

Clean 5 cups rice. Put in colander to drain

5 onions-chopped. Set aside for later

In pan, along with meat, add:

1 cup plain yogurt

1 tsp salt

1 stick cinnamon

3 whole cloves which have been crushed

About 1 cup of water

Cook the meat until tender

Put ½ cup oil and 12 cup margarine in a big pan (I use less) according to how much of rice will be cooked.

Heat oil/margarine, then add:

6 pods cardamom seed-removed from pods

3 tbs whole cumin

3-6 cupt up green hot peppers (not bell pepper)

3 pieces cinnamon bark

6 whole cloves

10 black pepper corn

Cook above mixture in oil about 5 minutes. Then add but up onions and cook 10 minutes. Do not brown onions. Add cooked meat. May add 4-6 cut-up potato if desired. Save broth from meat to measure and add with liquids

Add: 3 chopped tomatoes or 1 tbs puree

5 tsp salt (1 tsp for each cup rice)

5 cups washed and drained rice

10 cups water-including broth from cooked meat (2 cups liquid to 1 cup rice)

Bring to boil, stirring once or twice.

When coiling, put on lid and lower heat. Do not remove lid for rest of cooking time-about 15-20 minutes. Can remove lid once about 15 minutes into cooking time to stir once.

Then, shut off heat and let rice steam about half an hour. Can be stirred once or twice during steaming time.

I wrote down this recipe as an Asian lady in Uganda was preparing and cooking this. She didn’t measure anything, but I wrote down everything I saw her do. I have made variations of this dish.