

RUSSIAN BEEF & RICE # 1

INGREDIENTS

- 1/4 C Vegetable oil
- 2 T Sesame seed oil
- 2 Spanish onions (large), diced
- 2 Garlic (cloves) (minced)
- 3 lbs Beef (Chuck) (cut into 1 1/2-inch cubes) (trim fat & sinews)
- 1 T Cumin (divided) (plus more to taste)
- 1 T Sea salt (plus more to taste)
- 1/2 t Black pepper
- 1/4 C Barberries (sweet & sour berries)
- 10 Carrots (large) (peeled) (cut in 2-inch length) (shredded in a food processor or by grater)
- 6 C Water
- 1 1/2 lb Rice (basmati) (washed in a large sieve with cold water until the water runs clear)
- 1/4 t Cayenne (plus more to taste)
- 2 Scallions (finely chopped) for garnish
- Pomegranates seeds for garnish



DIRECTIONS

- 1 Combine oils in a 7 qt. pot over medium high heat
- 2 Add onions & garlic & cook, stirring occasionally (10 - 15 minutes until the onions are golden)
- 3 Remove the onions to a bowl & add 1/2 the beef, cooking until browned on all sides (15 minutes)
- 4 Repeat this process with the other 1/2 of the beef
- 5 Return all the beef & onions to the pot
- 6 Add 1 1/2 t cumin seeds, 1 1/2 t salt, black pepper, 1/2 the barberries & a handful of carrots
- 7 Add water to cover & bring to a boil, then cover the pot & simmer over medium heat (35 minutes)
- 8 Soak the washed rice in warm water (15 minutes) & then drain
- 9 Toss the remaining carrots with the remaining salt & cayenne
- 10 Spoon the carrots over the meat & add more water if needed to cover them
- 11 Cover the pot & cook for just a few minutes
- 12 Gently spoon the rice on top of the carrots & cook stirring the rice every 10 minutes with out touching the carrots until the water is evaporated & the rice is cooked (30 minutes)
- 13 Cover the pot & cook over a low heat (10 minutes)
- 14 To serve, spoon the rice onto a large platter & then top with the carrots & meat
- 15 Sprinkle the scallions & remaining cumin seeds, barberries & pomegranate seeds

NOTES

- 1 Barberries can be found in Persian grocery stores & you can buy them on Amazon.com
Substitutes could be chopped dried sour cherries **OR** currants soaked in a little lemon juice
- 2 A 2nd recipe for Russian Beef & Basmati Rice is below on page 2
- 3 A 3rd recipe for Russian Lamb & Basmati Rice is below on page 3

RUSSIAN BEEF & RICE # 2

INGREDIENTS

- 1 1/2 lb Beef chuck **OR** beef stew (trim off excess fat & sinews) (dry with paper towel) (cut into 3/4 " pieces)
- 1/3 C Canola oil **OR** extra light olive oil (not extra virgin)
- 2 Onions (medium) (finely chopped)
- 3 Carrots (medium) (cut into matchsticks **OR** grated)
- 1/2 t Salt (for the carrots & onions)
- 1/2 t Black pepper (freshly ground)
- 1 t Paprika
- 1 t Cumin
- 4 Bay leaves
- 1 3/4 C Water (hot) (for braising meat)
- 3 C Long grain rice (Basmati **OR** Jasmin) (rinsed until water runs clear & then drain)
- 1 1/2 t Salt (for rice)
- 4 C Water (hot) (for cooking rice)
- 1 t Coriander (ground)
- 1 head Garlic (cut off the head to expose the cloves)



DIRECTIONS

- 1 Pre-heat your dutch oven (or your large soup pot with a heavy bottom), to high heat
- 2 When it's hot, stir in your oil
- 3 When oil is hot, add the chopped meat & saute uncovered (7 minutes) over high heat stirring constantly so the meat doesn't stick to the bottom of the pot
- 4 Reduce heat to medium & add the onion stirring often until onion is softened (5 minutes)
- 5 Stir in sliced carrots, salt, pepper, paprika, cumin & bay leaves
- 6 Continue to cook over medium heat (5 minutes) until carrots are softened
- 7 Add 1 3/4 C hot water, cover & simmer over medium/low heat (45 minutes) or until meat is tender
- 8 Spread rice over the meat & add 4 C hot water
- 9 Sprinkle rice with 1 1/2 tsp salt (don't stir) & bring to a boil & then reduce heat to medium & let cook uncovered until most of the water is absorbed (10 minutes)
- 10 Place your head of garlic, cut side down in the center of the rice & sprinkle the top of the rice with the coriander
- 11 Poke 7-10 holes through the rice to allow steam to escape to the surface
- 12 Reduce the heat to low then cover & cook (15 minutes) or until rice is cooked through
- 13 Remove the garlic head & bay leaves & stir everything gently to combine & serve

NOTE

A 3rd recipe for Russian Lamb & Basmati Rice is below on page 3

RUSSIAN LAMB & RICE # 3

INGREDIENTS

- 4 C Basmati rice
- 1/2 t Turmeric
- 3 lb Lamb
- 1/3 C Olive oil
- 2 Onions (slice into 1/2 inch slices)
- 1 T Salt (to taste)
- 3 T Cumin (ground)
- Cayenne pepper (to taste) **OR** Black Pepper
- 2 lb Carrots (julienne)
- 4 C Water
- 1 C Garbanzo beans (dry) (soaked in water for at least 6 hours)
- 3 heads Garlic (washed) (un-peeled) (Cut off the top of the heads 1/4 inch)
- 2 T Raisins (optional)
- 2 T Barberries (optional)



DIRECTIONS

- 1 Rinse rice a couple of times in cold water at least 1hr before cooking
- 2 Mix with turmeric & let it soak in water until needed
- 3 Cut up the lamb into 1-1/2 inch cubes
- 4 Heat the oil in a dutch oven until very hot & add the lamb & saute until brown
- 5 Add the onion & cook (5-7 minutes) or until onions are translucent & slightly golden
- 6 Add all salt (to taste), cumin, cayenne pepper & carrots & continue stirring
- 7 Add water, garbanzo beans, garlic heads, raisins & barberries
- 8 Bring to boil & then reduce the heat to medium & cook (45-50 minutes)
- 9 Drain rice well & layer it over the meat, onions & carrots, spread evenly but don't stir
- 10 Bring the heat back to high
- 11 Cover the pot tightly & let rice steam through (45-50 minutes) without opening the pot
- 12 The top grains should be slightly firm & the bottom ones, well done but not mushy
- 13 All water should evaporate, but not burn
- 14 Remove from heat & stir, bringing the bottom ingredients up to the surface
- 15 Cut the top off the garlic head, so the garlic cloves are exposed & serve



Barberries