

# Easier Lamb Plov

Recipe By *Batsheva Kanter*



**Cooking and Prep:**  4  
h 25 m

**Serves:**  12

**No Allergens**

**Preference:** Meat

**Difficulty:** Medium

**Diet:** Gluten Free, Sugar Free

I was introduced to Plov by my in-house food critic. My husband Greg is originally from the USSR and it's a dish he craves when he wants comfort food. I have to agree. Lamb Plov is the ultimate comfort food.

Before I made it the first time, I searched for recipes but they all seemed too complicated or really unhealthy. I actually found one recipe that called for two cups of oil. Yes, oil, not water. I was determined to make it simpler and healthier so that I wouldn't be afraid to make it and that I could share the recipe with friends and family. I took some shortcuts and cooked the meat and the rice separately so that the recipe would be fool proof. I am very happy with the results. Greg says this Easier Lamb Plov tastes authentic (and delicious).

This recipe takes time to make but most of it is unsupervised.

## Ingredients (10)

**Main ingredients**

- 3 pounds lamb shank
- 1/4 cup **Bartenura Olive Oil** plus 2 tablespoons, divided
- 2 large onions, chopped
- 4 cloves garlic, minced or 4 cubes **Gefen Frozen Garlic**
- 2 (10-ounce) bags julienned carrots, chopped fine (I use the S blade on my food processor)
- 2 teaspoons cumin
- 4 cups jasmine or basmati rice
- 4 cups water
- salt, to taste

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### Sommelier Suggests

- Binyamina Reserve Carignan**
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## Start Cooking

### Prepare the Plov

1. The day before, sprinkle the lamb with salt and bake on 295 degrees Fahrenheit for three hours, covered. Refrigerate.
2. Remove the fat and save the jus (the gelatinous juice from the lamb). Remove meat from the bones and cut into bite-size pieces.
3. Saute onions in the quarter-cup olive oil until translucent.
4. Add minced garlic and sauté until fragrant. Add cumin.
5. Add carrots and sauté another 10 minutes.
6. Add the meat and jus and cook covered on a low flame for one hour.
7. While the meat and vegetables are cooking, add rice, water, two tablespoons of olive oil, and salt to a pan. Cover with foil and bake at 375 degrees Fahrenheit for 50 minutes to an hour until cooked.
8. Add cooked rice to pot and stir well until combined. Taste and add salt if necessary. Serve.

## About

To see more of Batshevas' recipes go to [www.kitchencoup.com](http://www.kitchencoup.com) or on Instagram [@kitchencoup](https://www.instagram.com/kitchencoup).