

This rice dish is known as Tachena in Iraqi; it can be enjoyed on its own, with a fresh salad or a pot of plain yoghurt.

Preparation and cooking time: 50 minutes

Ingredients

2 cups basmati rice

Cooking oil

300g small cubes beef

2 cup small cubes of carrot

1 large onion, chopped

1 tablespoon ground cinnamon

1 tablespoon green cardamom

Vegetable oil for cooking

Fry raisin and almond for decoration

Yellow food color (if desired)



Preparation

Wash the rice in cold water; drain and set aside.

Chop the onions and carrots and the beef into small cubes. In a pot, cook the meat first until slightly brown. Add the chopped onion, salt, spice and continue cooking for 10-15 minutes.

Add the chopped carrots and cook for about 10 minutes to soften the carrots slightly.

Pour around 1 and a half cups of boiling water into the pot. Add the rice to the vegetables and meat and cook together in a rice cooker or in a pot.

You may also omit the meat or its replacement altogether, and can just cook the rice with the spiced carrots and onion.

Another alternative is to use chicken stock or vegetable stock cubes to flavour the rice when cooked without the meat.

Recipe by Reyam