



## Holiday Uzbek Plov

Main Course, Serves 6

60 ml/1/4 cup vegetable oil  
 680 g/1 1/2 lbs. lamb,  
 cut into 5-cm./2-in. cubes, or  
 6 pieces lamb shank  
 2 large yellow onions, sliced  
 2 large carrots, cut into julienne strips  
 6 g./4 tsp. ground cumin  
 1/3 g./1/4 tsp. ground black pepper  
 Cayenne to taste  
 400 g./2 cups basmati rice  
 Salt to taste

- In a large heavy bottomed pot, heat the oil over high heat until smoking. Add the lamb and brown thoroughly. Reduce the heat to medium, add the onions and sauté until well caramelized. Add the carrots and cook until golden brown. Add the cumin, pepper and cayenne and cook for one more minute. Add water to completely cover the dish by about 1 centimetre/1/2 inch. Bring to a boil, cover and simmer, stirring occasionally, for about 1 1/2 to 2 1/2 hours or until the lamb is tender.

- Add the rice to the pot; pour in enough water to cover by 2 1/2 centimetres/1 inch. Add some salt and taste the water; it should be a little salty. Bring to a boil and let simmer quickly until the liquid level is just below the rice. (Watch carefully so it does not evaporate completely.) Cover the pot, reduce the heat to low and continue cooking until the rice is tender, about 20 minutes.

- Fluff the rice and spoon onto a large platter or serving plates. Top with the lamb.

**Chef's Note:** Plov is usually served with a tomato and onion salad on the side.

## Shurpa

Soup, Serves 10

1 kg./2.2 lbs. lamb or beef,  
 cut into about 6 pieces  
 5 litres/5 qts. cold water  
 2 yellow turnips, peeled and chopped  
 200 g./7 oz. sliced onion  
 400 g./14 oz. tomatoes, quartered  
 300 g./11 oz. carrots, peeled and chopped  
 Caraway seeds to taste  
 Salt to taste  
 500 g./1 lb. potatoes, peeled and halved  
 30 g./1 1/4 cups chopped dill

- In a large pot, combine the meat and water. Bring to a boil over medium heat, lower the heat and simmer, skimming off and discarding any foam that forms on the surface of the liquid. After the foam stops rising add the turnips, onion, tomatoes, and carrots. Add caraway seeds and salt to taste and simmer 1 1/2 hours.

- Add the potatoes and simmer 20 minutes more. Cut the meat into smaller pieces and serve the soup topped with dill.



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TASHKENT

Situated close to the city centre, the InterContinental Tashkent is the perfect base for exploring Uzbekistan's capital. Though the city's history stretches back to its development as a trading post along the Silk Road, little remains of its archaeological heritage, due largely to the devastating 1966 earthquake. Soviet authorities quickly rebuilt the city, however, and much from that period fascinates visitors.

There's good shopping here for local handicrafts and artwork, especially in the Kuranty (Clock Tower) and the art gallery across from the TSUM department store. Before a performance at the Alisher Navoi Opera House, guests at the InterContinental Tashkent can enjoy a drink and live jazz at the Rendezvous Bar. For dinner, Brasserie on the Park serves international specialities alongside beautiful views of the lake and the Japanese Garden, and Allegro presents fine Italian cuisine accompanied by the classical music of the restaurant's quartet.

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