

WORLD TABLE / ENGLISH PDF EDITION

Uzbek Table

Plov, shurpa, lagman, manti and dimlama.

US & METRIC / STEP-BY-STEP / ESTIMATED NUTRITION



FIRST EDITION / OCTOBER 2026

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A useful kitchen rhythm.

READ THE WHOLE RECIPE

A heavy lidded pot, a steamer, cumin, fresh vegetables and a kitchen scale help these recipes work in a home kitchen. Purchased noodles simplify lagman; manti dough is made by hand.

MEASURE WITH CARE

For most reliable results, use a scale and the metric amounts. US measures are convenient approximations: 1 tablespoon = 15 ml, 1 teaspoon = 5 ml, 1 US cup = about 240 ml. Ounces measure weight; US fluid ounces measure volume. Egg sizes and ingredient density vary.

KNOW WHAT IS WEIGHED

Meat weights are raw unless described as cooked. Beans and canned fish are weighed after draining when specified. Grains are dry unless the ingredient line says cooked. Prepared ingredients can keep active cooking time short.

TIMING AND PORTIONS

Prep and cooking times are estimates. Additional marinating, chilling, pressing and resting time is shown separately. Oven or grill preheating may add time. Divide the completed recipe evenly into the stated number of servings.

UNDERSTAND THE NUTRITION

Each estimate is per serving and includes only the listed ingredients. Optional extras and unlisted sides are excluded. Brands, fat content, draining and marinade left behind change results; use package labels for your own calculation.

Uzbek Beef Plov with Carrots and Garlic

A small-pot rice pilaf with beef, carrot batons and cumin. A home adaptation of a dish with many regional versions.



ILLUSTRATIVE SERVING SUGGESTION

SERVINGS

2

PREP + COOK

2 hr 5 min

TOTAL WITH WAITING

2 hr 15 min

APPROXIMATE NUTRITION / PER SERVING

735 kcal / 37 g protein / 88 g carbs / 26 g fat

Ingredient-based estimates; brands and portions change results.

Uzbek Beef Plov with Carrots and Garlic

SERVES 2 / PREP 20 MIN / COOK 1 HR 45 MIN

Additional waiting: 10 min. See the method and cook's note.

INGREDIENTS / US & METRIC

10.6 oz (300 g) beef chuck, 3/4-inch (2 cm) cubes
3/4 cup (150 g) dry long-grain rice
8.8 oz (250 g) carrots, thin batons
3.5 oz (100 g) onion, sliced
1 tbsp (15 ml) neutral oil
1 small whole garlic bulb (30 g), loose outer skin removed
1 tsp (2 g) cumin seeds
1/2 tsp (3 g) salt
1/4 tsp (0.5 g) black pepper
2 1/2 cups (600 ml) hot water, plus more if needed

METHOD

01 Rinse rice until the water runs mostly clear. Soak in cold water for 20 minutes while beginning the beef; drain well. Heat oil in a heavy lidded pot and brown beef for 6-8 minutes.

02 Add onion and cook 5 minutes. Add carrots, cumin, salt and pepper; cook 5 minutes. Add 1 1/2 cups (360 ml) hot water. Cover and simmer gently 45-60 minutes until beef is nearly tender, adding a little hot water if needed.

03 Spread drained rice over the meat without stirring. Nestle in the garlic bulb. Add the remaining water, or just enough to cover the rice by about 1/2 inch (1 cm). Bring to a gentle simmer.

04 Cover tightly and cook on low for 20-25 minutes, until rice is tender and liquid absorbed. Check beef is fork-tender and at least 145°F (63°C); let the closed pot stand off heat for 10 minutes. Gently mix and divide between two plates.

COOK'S NOTE

Use a small heavy pot about 7 inches (18 cm) wide. Rice varieties differ: add hot water in small amounts if still firm. The resting time is additional; soaking overlaps the beef cooking. Garlic flesh is included in the estimate.

Allergens: None among the listed ingredients.

APPROXIMATE NUTRITION / PER SERVING

735 kcal / 37 g protein / 88 g carbs / 26 g fat

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