



THE WEDNESDAY CHEF

Ground Beef Pulao

Serves 4

2 cups basmati rice
1 tablespoon extra-virgin olive oil
1 ½ pounds ground beef
4 garlic cloves, peeled and grated
2 tablespoons grated fresh ginger
1 medium yellow onion, finely diced
1 ½ teaspoons garam masala
½ teaspoon red chile powder
½ teaspoon black pepper
2 teaspoons kosher salt
3 tablespoons lime juice, divided
½ teaspoon ground turmeric
1 bunch scallions (about 6), trimmed and thinly sliced
¼ cup loosely packed fresh mint leaves

1. Check the rice and discard any debris. Place the rice in a fine-mesh sieve and rinse under running water until the water runs clear. Place the rice in a bowl, cover with water by 1 inch, and soak for 30 minutes. Heat the oven to 250°F/120°C.

2. As the rice soaks, cook the beef: Place a medium saucepan with a heavy lid or a Dutch oven over medium heat. When the saucepan is hot, add the olive oil, garlic, ginger, and onion and sauté for 1 minute. Add the garam masala, chile powder, black pepper and 1 teaspoon salt and sauté until the spices are fragrant, 1 minute. Add the beef and cook,

breaking it up with a wooden spoon, until cooked through and slightly browned. Add 1 tablespoon lime juice and stir well. Scrape the mixture into an oven-safe bowl or pan and keep warm in the oven.

3. Drain the soaked rice. Add to the same pot and cover with water by 1 inch. Stir in 1 tablespoon lime juice, the turmeric and the remaining 1 teaspoon salt. Bring to a boil over medium heat, then cover, and reduce heat to simmer until the rice absorbs all the water, about 10 minutes. (Do not stir the rice as it cooks, or the grains might break.) Remove the saucepan from heat, and let sit, uncovered, for 5 minutes.

4. Fluff the rice and combine with the cooked meat, then drizzle with the remaining 1 tablespoon lime juice. Fold the scallions and mint into the rice, and serve immediately.