



Kyrgyzstan *Kyrgyz spring lamb with pilaf rice*

INGREDIENTS

LAMB

600 g lean lamb ragout
 1 onion, large
 2 garlic cloves
 7dl buttermilk
 280 g rice
 60 g raisins
 80 g walnuts (coarsely chopped)
 80 g dried apricots
 salt and pepper to taste

AYRAN WITH FRESH MINT

300 g natural yoghurt
 300 g still water
 100 g sour cream
 15 g fresh mint
 pinch salt
 juice of 1 small lemon

Recipe: Andreas Bart, www.sv-group.ch

LAMB

Finely chop the onions and garlic and dice the dried apricots into small pieces.

Briefly rinse the rice in cold water.

Heat a little sunflower oil in the bottom of a heavy-based pan or casserole. Add the pieces of lamb and brown well.

Stir in the onion and garlic and sauté lightly. Season with salt and pepper.

Pour in 5 dl of the buttermilk, put the lid on the pan without covering it completely, and simmer gently for about 30 minutes.

Melt the butter in another pan and sauté the walnuts, apricots and raisins.

Stir in the rice, pour over 4 dl of water, and simmer gently for around 15 minutes until the water has been absorbed.

Add the cooked rice to the lamb, pour the remaining buttermilk over the top, stir well and simmer for a further 5-8 minutes until everything is completely cooked through.

Season with salt and pepper. Refine with coriander as required.

AYRAN WITH FRESH MINT

Add the natural yoghurt, water and sour cream to a bowl and whisk until light and fluffy. Season with salt and refine with lemon juice as required. Cut the mint into fine strips and stir into the mixture. Place in the fridge to cool.

Pour the Ayran into tall cocktail glasses and garnish with fresh mint shortly before serving.