

Bariis Iskukaris- Spiced Somali Rice

Makes Approx. 8 Servings

This dish is typically made in a clay pot, so it does not resonate with a metal flavor from traditional pots. Historically it has been served with a banana on the side and can be made with other meats excluding pork. Pork is considered unclean by the Orthodox Christianity, Judaism and Islam, so it is not consumed at all.

Amount	Size	Description
2	Cups	Basmati Rice
2	Large	Tomatoes – Chopped
1	Large	Onion – Minced
3	Cloves	Garlic – Minced
1	Whole	Cinnamon Stick
2	Tbl.	Old Norse World Cuisine Ethiopian Berbere
4	Tbl.	Unsalted Butter
1	Lb.	Lamb – Small Cubes (can be made with fish or chicken as well)
2 ½	Cups	Water
-	-	Salt to Taste
-	-	Canola Oil

1. Wash and soak the rice.
2. Heat a pot to medium-high and add a little canola oil.
3. Add the lamb and cook until brown.
4. Remove the lamb from the pot, then add the onions.
5. Cook the onions until they start to caramelize. This should take about 15 minutes.
6. Add the Ethiopian Berbere and garlic to the onions. Sweat for about 2 minutes until fragrant.
7. Add the tomatoes and stir until a thick sauce is formed.
8. Add the lamb back into the pot.
9. Drain the rice and add to the pot with the 2 ½ cups of fresh water.
10. Heat the mixture to a simmer. Cover with aluminum foil tightly.
11. Simmer until all the liquid has been absorbed. Approximately 15 minutes.
12. Fluff and serve.

