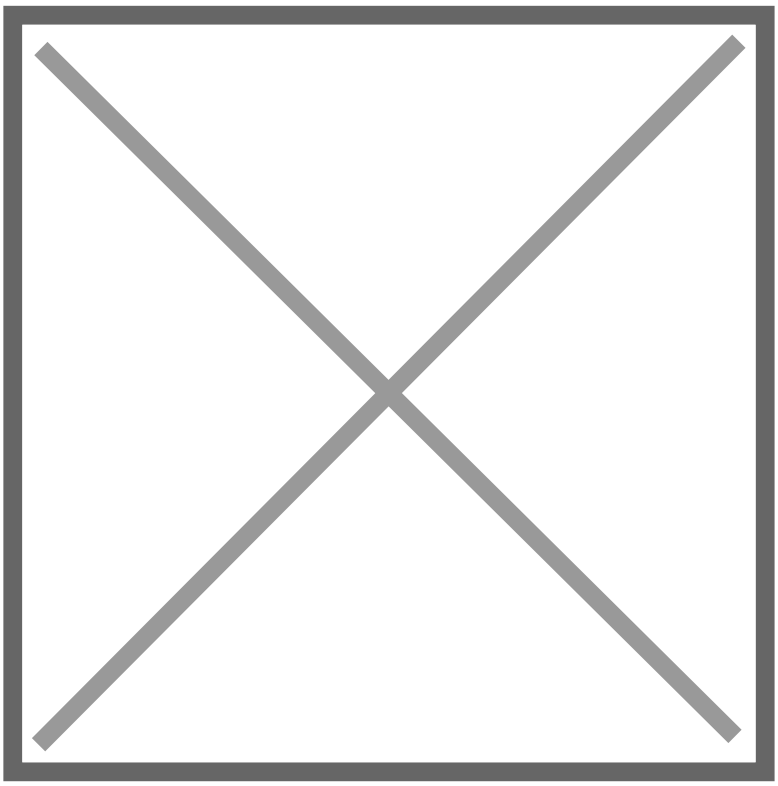
Dumliama

From: receptumedis.lt



A traditional Uzbek dish adapted to be cooked with a pressure cooker.

Prep	1:30
Cook	0:30
Yields	12 servings

Ingredients

- 6 medium onions, cut in half-rings
- 0.5 kg beef or lamb, in small 2-3 cm slices
- 1 kg potatoes, peeled and halved if too big
- 1 kg tomatoes, cut in slices
- 0.5 kg carrots, cut into straws of 3 cm length
- 0.5 kg capsicum, cut in slices
- 3 whole heads of garlic, washed
- 1 bunch of fresh dill
- 1 bunch of fresh parsley
- 1 bunch of fresh coriander

- 1 bunch of fresh onion
- 1 black pepper
- 1 salt

Instructions

1. Roughly cut fresh herbs so they won't be longer than 5cm. Set some onion aside and cut into smaller pieces for garnish.
2. Heat the pressure cooker and dry-fry meat and onion until a little brown crust appears.
3. Take the cooker off the heat. Add salt (1/2 teaspoon), black pepper.
4. Add layers of carrots, then capsicum, then tomatoes. Season with salt after each layer.
5. Add a layer of fresh herbs (except for fresh onion).
6. Insert heads of garlic. Finally, add a layer of potatoes. Season with 1/2 teaspoon of salt.
7. Close the cooker, heat it until the second pressure level and cook for 40min.
8. Remove the heads of garlic, they won't be needed anymore.
9. Add potatoes on the side, the “beefy” part in the middle, pour some broth on top, and finally, sprinkle with fresh onion.

Revision #1
Created 2023-06-22 06:40:58 UTC by Žygimantas
Updated 2023-06-22 07:21:15 UTC by Žygimantas