Aytotoro (Lefkara) oven tray lamb and rice

Serves 4 · 1 h

Ingredients

150 g	Rice 1 glass
1 kg	Diced lamb
200 g	Onion 1¾ pc
200 g	Tomato 1¾ pc
30 g	Tomato paste 1¾ tbsp
10 g	Ground cumin
5 g	Ground black pepper ¾ tbsp
46.1 g	Sunflower oil ¼ glass
2 g	Salt ¼ tsp
1.5 kg	Water 7½ glass

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Heat the oven to 180°C. Rinse and drain the rice, and chop the onion and tomato for cooking.
2. Put the cubed lamb, onion, tomato, rice, salt, cumin and black pepper into a casserole dish or deep baking tray and mix.
3. Whisk the water and sunflower oil together, loosen the tomato paste in it, pour over the mixture and stir again.
4. Cover the dish with foil and bake in the preheated oven for about an hour, until the meat is tender.
   1 h

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Adalıer, Mine, Kıbrıs Mutfağında Yerel Ürünlerde Kullanılan Malzemelerin ve Pişirme Yöntemlerinin Bölgelere Göre Analizi (2020)
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