

Khashlama (Artsakh■Style) — Khashlama■Style Tava Rice (Plov variation)

Serves 4 • ~75–90 minutes • Sweden■friendly



Photo: courtesy of Lambros — cooked using the **rice (plov/tava) variation**.

Ingredients (rice version)

- 700 g beef chuck (högre) or stew beef, cut in large chunks
- 1 large onion, sliced
- 2 carrots, chunked (optional)
- 1 red bell pepper, sliced (optional)
- 3 garlic cloves, sliced
- 400 g canned tomatoes (crushed) or 4 fresh tomatoes, chopped
- 500–700 ml beef stock or water + 1 stock cube
- 2 bay leaves
- 1 tsp sweet paprika
- Salt + black pepper
- 200–250 g long■grain rice, rinsed well (basmati works)
- A small bunch parsley or dill to finish
- Optional: 1 tbsp butter for richness

Steps (oven / tava style)

- 1 **Start the stew base:** Put onion in the bottom of a heavy pot. Layer beef on top. Season with salt, pepper and paprika.
- 2 **Add veg & tomatoes:** Add carrots/pepper (if using), garlic, tomatoes and bay leaves.
- 3 **Add liquid:** Pour in stock/water until it comes about 2/3 up the contents.
- 4 **Simmer first:** Bring to a light boil, then lower to a gentle simmer. Cover and cook 45–60 minutes until beef is nearly tender.
- 5 **Add rice:** Stir in rinsed rice. Ensure rice is generously covered with broth (add a splash of hot water/stock if needed).
- 6 **Bake:** Cover tightly (lid or foil) and bake at **180°C** for 25–30 minutes until rice is tender.
- 7 **Rest & finish:** Rest 10 minutes, then fluff. Sprinkle lots of chopped herbs (and butter if using). Taste and adjust seasoning.

Notes

This 'plov/tava' rice bake is a close cousin to other Eastern Mediterranean oven■pot dishes (like Cypriot τταβ■ς): same cozy meat■tomato profile, but rice replaces potatoes as the starch.