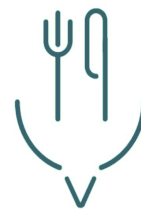


Chicken Biryani



Serves: 6 | Prep: 10 min | Cook: 40 min | Source: #ParlezPantry

Biryani is a mixed rice dish originating among the Muslims of the Indian subcontinent. It is made with Indian spices, rice, either with meat (chicken, beef, goat, lamb, prawn, fish), or eggs or vegetables such as potatoes.

Biryani is one of the most popular dishes in South Asia, as well as among the Jewish community from the region. It has gained popularity in Pakistan and South India, and is also prepared in other parts of the world such as Iraq. Biryani is the single most-ordered dish on Indian online food ordering and delivery services throughout the world.

Ingredients

Chicken:

- 4 tbsp oil (vegetable)
- 4 potatoes (small, halved)
- 2 onions (chopped)
- 2 garlic (cloves, minced)
- 1 tbsp fresh ginger (minced)
- ½ tsp chili (powder)
- ½ tsp black pepper
- ½ tsp turmeric (ground)
- 1 tsp cumin (ground)
- 1 tsp salt
- 2 tomatoes (medium, chopped)
- 2 tbsp yoghurt (plain)
- 2 tbsp mint (fresh, chopped)
- ½ tsp cardamom (ground)
- 2" cinnamon (stick)
- 1.4 kg chicken thighs and legs

Rice:

- 450 g rice (basmati)
- 2 ½ tbsp vegetable oil
- 1 onion (diced)
- 1 saffron (pinch)
- 5 cardamom (pods)
- 3 cloves (whole)
- 1 1" cinnamon (stick)
- ½ tsp ginger (ground)
- 4 cups chicken stock
- Up to 1.5 tsp salt

Notes

Use ghee instead of vegetable oil for more authenticity; it's your choice.



Method

1. Heat 2 tbsp of oil in a large skillet. Fry the potatoes in hot oil until brown. Remove to drain on kitchen roll and set aside.
2. Place the chicken in the remnants of the oil and cook long enough just to get colourisation on the outside then set aside.
3. Add the remaining 2 tbsp oil to the skillet and fry the onions, garlic, and fresh ginger until the onion becomes golden in colour. Add the chili, pepper, turmeric, cumin, salt, and the tomatoes. Fry whilst stirring constantly, for 5 minutes. Stir in the yoghurt, the mint, ground cardamom, and the cinnamon stick.
4. Place a lid on and cook over low a heat, stirring occasionally, the tomatoes will pulp as they cook. You may need to add a little hot water if the mixture becomes too dry and starts to create a fond on the bottom of the pan, if so, deglaze by scraping and getting that flavour back into the sauce.
5. When the mixture thickens and is smooth, add the chicken and stir well to coat in the sauce. Cover and cook over a very low heat until the chicken is tender, 30 to 35 minutes. There should very little very thick sauce left when the chicken is cooked. If necessary, cook for a few more minutes uncovered to reduce the sauce.
6. Wash rice well, 3 times and strain, leaving to drain for at least 30 minutes.
7. Heat the oil in a large skillet and fry the onion in the hot oil until golden. Add the saffron, cardamom pods, cloves, cinnamon stick, ground ginger, and rice. Stirring continuously until the rice is fully coated with spices.
8. Heat the stock and salt in a medium pot. When the mixture is hot, pour it over the rice and stir well. Add the chicken mixture and potatoes; gently mix them into the rice bringin it to a boil. Cover the saucepan tightly and turn the heat to very low, and steam for 20 minutes. Do not lift lid or stir while cooking.
9. Spoon the biryani onto a warm serving dish and enjoy.