

## Vegetable Biryani



Prep Time: 30 minutes. Cook Time: 40 minutes. Total Time: 70 minutes. Serves 6-8 people.

### Ingredients:

#### RICE:

Basmati Rice – 2 cups (thoroughly rinsed and soaked for 2 hours or at least 30 minutes)

Green cardamom – 2

Black cardamom – 2

Cloves – 2

Black pepper – 2

Cinnamon sticks – 1

Bay leaf – 1

Salt – ½ Teaspoon

Water – 6 or more cups. Will need to drain it out later

#### VEGETABLE CURRY:

Cauliflower – half a head, medium size (cut relatively small)

Carrot – 1 medium size carrot, diced

Potato – 1 large, cubed

Green beans – 1 cup chopped

Frozen peas – ½ cup

Onions – 2 medium sized, sliced thin

Garlic – 1 tablespoon

Ginger – 2 tablespoon

Cumin seeds – 1 tablespoon

Black cardamom – 2

Green cardamom – 2

Cloves – 2

Cinnamon stick – 1  
Bay leaf – 1  
Turmeric – ¼ teaspoon  
Ground cayenne pepper – ½ teaspoon  
Yogurt – 100 grams (1/2 a cup)  
Golden raisins – 1 tablespoon  
Cashews – 2 tablespoons  
Almonds – 2 tablespoons  
Oil (or Ghee, if available) – 3 tablespoons  
Salt – ¾ teaspoon  
Water – ½ a cup

HERBS & SPICES:

Cilantro – ½ cup, chopped  
Yogurt – 100 grams (1/2 cup)  
Saffron – 1 teaspoon  
Milk – 2 tablespoons

## **Vegetarian Biryani preparation**

**Procedure:**

- 1) Rinse and soak basmati rice for 2 hours in a bowl ahead of time.
- 2) Add water to rice and all the spices, listed under “RICE” above, and cook it until it is ¾ done. Strain and put aside for use later.
- 3) Fry onions in oil in a large pot until golden brown
- 4) Add spices listed under “VEGETABLE CURRY” and fry for a few minutes until they release their aroma.
- 5) Add vegetables and fry for a minute more.
- 6) Add yogurt and keep frying.
- 7) Add water and stir. Bring to a boil and then cover and simmer until the vegetables are cooked.
- 8) Add nuts and raisins.
- 9) Taste the dish at this point to see if additional salt is needed or not.
- 10) In a separate cup warm the milk and add saffron to it. Then let it cool. Add the yogurt (listed under HERBS & SPICES) and stir it thoroughly.
- 11) Pour the saffron mixture into the pot of vegetable curry and stir it in.
- 12) Take out half of the vegetable curry into a bowl.

- 13) Spread half of the rice on top of the vegetable curry that is remaining in the pot. This way you will be layering the curry and the rice.
- 14) Pour back the curry into the pot from the bowl.
- 15) Top it off with the remaining rice. Spread evenly to cover the vegetable curry.
- 16) Cover the pot with the lid and simmer on low heat for about 20 minutes until the rice is completely cooked.
- 17) Dish it out on a platter and serve with Raita or Dahi Baray.