

Lamb Biryani

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This biryani dish is a traditional Indian meat and rice dish, where rice is layered with curry and cooked in one pot. This method of cooking gives you flavourful, fluffy rice and deep, rich curry perfect for mopping up with naan bread.

Ingredients:

450g basmati rice
450g lamb chops
5 tbsp. vegetable oil
4 tbsp. freshly chopped coriander
8 whole cloves
4 cinnamon sticks
4 cardamom pods
5 onions
4 green chillies, chopped and deseeded
1 tbsp. each of garlic and ginger puree
3 tbsp. freshly chopped mint
3 chopped, peeled, deseeded tomatoes
2 tbsp. natural yoghurt
2 tbsp. lemon juice
2 tbsp. warm milk
2 tsp. cayenne pepper
1.8 litres water
1 tsp. salt
1/2 tsp. saffron threads

Directions:

1. Let the rice sit in water for half an hour then drain. Finely chop the onions.
2. Heat four tbsp. of the oil over a low heat in a deep frying pan. Fry the cloves, cardamom pods and cinnamon sticks for one minute then add four of the chopped onions.
3. Fry for 5-10 minutes until browned, then add the garlic and ginger and cook for one more minute. Add the coriander and mint and cook for one more minute, then add the lamb chops and brown on all sides for another twenty minutes or so.
4. Add the chopped tomatoes, chillies and cayenne pepper and then cook until oil begins to separate out into the curry.
5. Add the yoghurt and lemon juice and cook until the lamb is tender, around 15 minutes. Add more water if needed.
6. Meanwhile bring the rice to the boil with the 1.8 litres of water and the salt. Simmer for 15 minutes and drain of water.
7. Cook the remaining onion in the remaining 1 tbsp. of oil under caramelised.
8. Place half of the rice over the bottom of a deep pot with a lid. Layer the lamb curry over the top and cover the curry with the fried onion. Finish with the rest of the rice.
9. Stir the saffron into the warm milk and pour this over the top of the rice.

10. Cook over a low heat on the hob for fifteen minutes or until the rice is tender.

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