

RECREATING RECIPES



Chicken Biryani

Flavoured and aromatic rice layered with curried chicken pieces, a very tasty rice and chicken dish

Instructions



Ingredients

- | | |
|----------------------------------|---------------------------|
| 1 ¼ Cup Basmati Rice | 1 tsp Garlic Paste |
| 1 tsp Ginger Paste | 5 Cloves (2 for the rice) |
| ¼ Cup Frozen Peas (Optional) | 1 Cinnamon Stick |
| ¼ Cup Coriander, Chopped | ½ tsp Chilli Powder |
| 2 tbsp Mint, Chopped | 2 Tomatoes, Chopped |
| 2 Onions, Finely Sliced | ½ tsp Turmeric Powder |
| 4 Black Peppercorns | 1 tsp Cumin Seeds |
| 600g Chicken Thighs, cut into 3 | |
| 5 Cardamom Pods (2 for the rice) | |

Serves 3-4



1. Wash the rice until the water is clear and soak in water for 30 minutes, then drain
2. Heat the oil in a pan and add all your whole spices followed by the garlic and ginger paste
2. After a minute add the onions and salt, wait for the onions to become soft and then add your powdered spices

5. Once the chicken has cooked, and the chicken juices have reduced, reduce the heat to low.
6. Parboil the basmati rice, drain the rice once it starts to bubble and the rice is soft around the outside but hard in the middle
7. In a deep pan, add a layer of rice followed by all the chicken, but try not to add all juice if you have some remaining in the pan



3. Add the tomatoes, coriander and mint, mix well and wait for the tomato to soften
4. Add the chicken and give everything a good mix and wait for it to cook

8. Add the remaining rice on top of the chicken and add orange food colour (optional) put foil on top and cover the pan with the lid. Put it back on heat on low and wait for it to finish cooking
9. Once the rice has cooked, remove from the cooker and carefully mix the rice and add the peas, cover again for 5 minutes and its is ready to be served



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