



Lamb Biryani

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 pounds rice
- ☐ 6 ounces blanched almonds and whole
- ☐ 1 teaspoon cayenne pepper
- ☐ 6 cups chicken stock see low-sodium canned
- ☐ 1 cup cilantro leaves chopped
- ☐ 1 cinnamon sticks
- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 cup ginger fresh minced

- ☐ 3 tablespoons garam masala
- ☐ 6 large garlic cloves minced
- ☐ 5 ounces golden raisins
- ☐ 6 hard-cooked eggs halved lengthwise
- ☐ 5 pounds leg of lamb boneless trimmed cut into 2-inch pieces
- ☐ 0.5 cup milk
- ☐ 3 large onions--1 spanish thinly sliced into rings, 2 coarsely chopped
- ☐ 1.3 teaspoons saffron threads
- ☐ 12 servings salt and pepper freshly ground
- ☐ 1 cup whole-milk yogurt plain at room temperature
- ☐ 1 teaspoon turmeric
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ colander

Directions

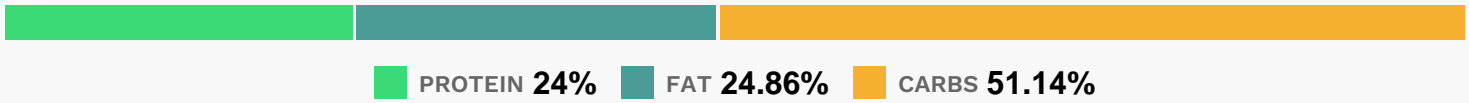
- ☐ In a large enameled cast-iron casserole, heat 1/2 cup of the oil. Cook half of the onion rings at a time over moderate heat, stirring occasionally, until deeply browned, about 5 minutes. Using a slotted spoon, transfer the browned onions to paper towels to drain.

- ☐ Add the lamb to the casserole in batches, season with salt and pepper and brown well on all sides.
- ☐ Transfer the browned lamb to a large plate.
- ☐ Discard the oil in the casserole and add 1 tablespoon of fresh oil.
- ☐ Add the chopped onions and cook over moderate heat, stirring often, until softened but not browned, about 8 minutes.
- ☐ Add the garam masala, cumin seeds and cinnamon and cook, stirring occasionally, until fragrant, about 4 minutes.
- ☐ Return the lamb and any accumulated juices to the casserole, add the ginger, garlic, turmeric, cayenne and 1/4 teaspoon of the saffron and cook, stirring often, until fragrant, about 5 minutes.
- ☐ Add the chicken stock and chopped cilantro and bring to a boil. Cover partially and simmer over low heat, stirring occasionally, until the meat is tender and the sauce is flavorful, about 1 1/2 hours.
- ☐ Meanwhile, in a small skillet, heat the remaining 1 tablespoon of oil.
- ☐ Add the raisins and cook over moderately high heat until browned on 1 side, about 3 minutes.
- ☐ Transfer the raisins to a plate to cool. In a small saucepan, bring the milk to a bare simmer.
- ☐ Remove the pan from the heat and crumble the remaining 1 teaspoon of saffron threads into the milk.
- ☐ Let steep for up to 2 hours.
- ☐ Preheat the oven to 37
- ☐ Put the almonds on a rimmed baking sheet and bake for about 8 minutes, or until toasted. In a large pot of boiling water, cook the rice for 5 minutes, stirring occasionally.
- ☐ Drain in a colander.
- ☐ Stir the yogurt into the lamb and season with salt and pepper. Carefully mound the blanched rice over the lamb. Using a wooden spoon handle, make a hole in the center of the rice, moving the handle in a circle to widen the hole to about 1 inch. Spoon the saffron milk over the rice in a spokelike pattern. Cover the casserole and bake the rice for 40 minutes.
- ☐ Remove from the oven and let the biryani stand, covered, for 5 minutes.
- ☐ Arrange the browned onion rings, almonds, raisins, cilantro sprigs and eggs in separate bowls or arrange on a platter.
- ☐ Serve the biryani from the casserole and pass the accompaniments at the table.

BEER RECOMMENDATION

The best choice for the complex flavors of this dish is a beer that will refresh the palate and quickly send you back for more biryani. Kingfisher, from India, is a perfect, if obvious, choice.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:47.16, Inflammation Score:-9, Nutrition Score:29.771304254947%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 699.8kcal (34.99%), Fat: 19.27g (29.65%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 89.22g (29.74%), Net Carbohydrates: 85.02g (30.91%), Sugar: 11.92g (13.25%), Cholesterol: 171.08mg (57.03%), Sodium: 365.85mg (15.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.86g (83.72%), Selenium: 50.46µg (72.08%), Manganese: 1.42mg (70.92%), Vitamin B12: 3.79µg (63.16%), Vitamin B3: 11.2mg (55.98%), Phosphorus: 546.56mg (54.66%), Zinc: 6.7mg (44.65%), Vitamin B2: 0.71mg (41.49%), Copper: 0.62mg (31.15%), Vitamin E: 4.26mg (28.41%), Magnesium: 111.04mg (27.76%), Vitamin B6: 0.53mg (26.63%), Potassium: 911.77mg (26.05%), Iron: 4.45mg (24.71%), Vitamin B5: 2.37mg (23.67%), Vitamin B1: 0.31mg (20.65%), Fiber: 4.21g (16.82%), Calcium: 158.74mg (15.87%), Folate: 63.44µg (15.86%), Vitamin K: 8.55µg (8.15%), Vitamin A: 312.13IU (6.24%), Vitamin C: 4.47mg (5.42%), Vitamin D: 0.66µg (4.41%)