

# Neet's Vegetable Biryani

*Prepare and soak - 45 mins*

*Cook - 75 mins*

*Serves 6*

## **Ingredients (contains dairy & nuts)**

500g basmati rice	300g cauliflower
25g butter	2 carrots
4 garlic cloves	2 red peppers
Salt and pepper	2 onions
2 green chillies deseeded and cut in small rings	2 vegetable stock cubes
2 tbsp grated ginger	Vegetable oil, to fry
2 tsp garam masala	
1 tsp cumin seed	<u>To serve</u>
½ tsp turmeric	2 tbsp flaked almonds or pine nuts
1 tsp chilli powder	2 tbs cashew nuts
100g curd cheese	1 tbsp sultanas
2 tbsp lime or lemon juice	A few coriander or mint sprigs

## **Method**

- Firstly, soak the rice in cold water for at least 20 minutes (you will also rinse the rice well before cooking)
- Cut all the vegetables (after washing and peeling) into small cubes around the size of your little fingernail. Keep the veg separate from each other (we do this in rows on a tray )
- Have two medium saucepans ready. Start by heating one up to make the vegetable mixture, add a shot of veg oil and then the diced onion. Stir well and cook until soft. Add the cumin seed and the ginger and garlic. Cook for another minute on a low heat, then add the carrots and peppers. Season with a good pinch of salt. Stir well, adding 2 tablespoons of water to soften the veg. Add the rest of the spices, fresh chillies, the stock cubes and another 4 tbsp of water (you are just seasoning and softening the veg not trying to make a sauce)
- Rinse the rice well. After draining, soak with water and then drain again
- Add some oil to the other pan and add the rice, toasting lightly in the oil. Add half the butter and season well with salt and pepper
- Add enough water to only just cover the rice. This is very important - do not add more water. Let the rice come to the boil and resist stirring (it should soak up and evaporate most of the water, this is fine)
- Carefully spoon the rice on top of your veg mix
- Place greaseproof paper on top of it, then a tight-fitting lid. Cook on medium heat for 4 minutes without removing the lid
- Turn the heat to low, and cook for 2 more minutes then turn off. Without removing the lid, leave to steam for at least 10 minutes with no heat under
- In a frying pan toast the nut mixture until golden and add the sultanas
- Now remove the lid from the rice, check the rice is cooked without disturbing the veg below. With a fork, gently mix the curd cheese and lemon juice through the rice. Add some knobs of butter, only on the top of the rice.

Serve the biryani in the pan with the nut mixture sprinkled on top, and the coriander and mint around.