



Vegan Biryani

MAIN MEALS

Ingredients:

Part 1: Crispy Onions and Potatoes

Crispy Onions

- Red Onions - 3 (medium size)
- Salt - ½ teaspoon
- Brown sugar - 1 teaspoon

Method: Cut the onions into thin half-moon slices. Separate the pieces and place into a bowl. Add sugar and salt and mix well.

Crispy Potatoes

- Potatoes - 4 medium size
- Curry leaves - 8-10
- Garlic - 6 cloves crushed
- Ginger - 2.5 teaspoons crushed
- Coriander/ cilantro - 1 small bunch chopped finely
- Mustard seeds - 1 tsp
- Cinnamon stick (small stick) - 1, break up into smaller pieces
- Cumin seeds - 1 tsp
- Fennel seeds - 2 tsp
- Brown sugar - 2 tsp

Method: Combine all the ingredients. Massage the spices into the potatoes. Once all the potatoes are coated set the onions and potatoes aside to marinate for at least 1 hour and a maximum of 3 hours.

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Discard the excess water that has accumulated at the bottom of the bowl of onions and then scatter the onions onto a lined baking tray, ensure the onions are spread out in a thin layer.

Do the same with the potatoes on a separate tray. Bake the onions and potatoes at 140°C/284°F for 35-45 minutes or until golden brown and crispy (refer to the recipe video to see what they should look like).

Part 2: Rice and Assembly

Ingredients:

- 3 cups of long-grain rice (preferably Basmati rice)
- Coriander/cilantro powder - 1 tsp
- Turmeric powder - 1 ¼ tsp
- Cumin powder - 1 tsp
- Garam masala - 1 tsp
- Salt to taste (seasoning correctly makes a big difference to the overall flavour, there is a high quantity of rice which will double in size when cooked)
- Frozen peas - 2 cups
- 5 cups of water

Method: Wash the rice under cold water and then gently combine all of the ingredients, being careful so as to avoid breaking up the potatoes and onions. Add water and cook in your rice cooker or stovetop if you prefer. If cooking on stovetop leave on a slow flame and cook until rice becomes tender.

Garnish (optional) pomegranate seeds (one hand full) and fresh coriander.

Serve with a salad and your favorite indian chutney or pickles.

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