

AUTHENTIC SOUTH INDIAN

GOAT BIRIYANI

WITH EGG FRY

**Recipe by
Gayathri Rajan**

Biryani is a fragrant mixed-rice dish popular across the Indian sub-continent. Long-grained rice is flavoured with aromatic spices and layered with meat and/or vegetables and a thick gravy boiled down. Each region has a unique way of making Biryani. This is the authentic South Indian way of making Goat Biryani which I learned from my mother-in-law. It is made with Masala (ground of spices) and Aroma Spices. Serve it with Egg Fry (boiled eggs fried and coated in spices) and a side of raita (yogurt with cucumbers, mint, and cilantro) to complete this meal with a refreshing and cooling taste.



ingredients

- 3 tbsp Oil
- 4 tbsp Ghee
- 2 Onions (big)
- 1 Tomato (medium)
- 2 Green Chilli (slit)
- 1/4 tsp Turmeric Powder
- 1 tsp Chilli Powder
- 1/2 Garam Masala
- 4 tbsp Ginger and Garlic Paste
- 1/2 Cup Chopped Mint
- 1/2 Cup Chopped Coriander Leaves
- 3 tbsp Yogurt
- 1/2 Cup Milk
- 700 gms Goat
- 2 and 1/2 Cups Basmati Rice (India Gate)
- 5 Cups Water (Including Milk and Yogurt)
- 2 tbsp Lemon Juice
- Salt

- For Biriyani Masala *(number in brackets refers to the number on the photo below)*
- (1) 4 Cloves
 - (2) 4 Green Cardamom
 - (3) 1 Star anise
 - (4) 1 Kapok Bud
 - (5) 4 Bay Leaves (small)
 - (6) 3 Cinnamon Sticks (small)
 - (7) 1 tsp Fennel Seeds
 - (8) 1 tbsp Black Stone Flower
 - (9) 2 Black Cardamom
 - (10) 1/4 Nutmeg Powder



directions

1. In a pan, add oil and ghee over medium heat. When oil is heated, add all the ingredients for the Biryani Masala and fry well.
2. Add onions, green chilli & salt, and fry well until golden brown.
3. Add ginger-garlic paste and tomatoes. Stir and fry well.
4. Add turmeric powder, chilli powder, and garam masala.
5. Add your marinated goat, salt, chopped mint and coriander leaves. Stir and fry well then add 3 cups of water to the pan.
6. Cook in the pan for 5 minutes then transfer to a pressure cooker and cook for 4 to 5 whistles. This will become your goat gravy.
7. While the goat is cooking, wash your basmati rice and soak it in water for 20 - 30 minutes.
8. After 4 to 5 whistles of the pressure cooker, remove the lid and let it continue to boil. Add milk, salt, lemon juice and one cup of water.
9. Strain the water from the rice & add rice to the pressure cooker.
10. Mix well then close the lid and cook for 5 minutes on medium flame, stir, then for 10 minutes on low flame.
11. Switch off the pressure cooker and leave for 10 to 15 minutes.
12. Goat Biryani is now finished. Serve it with some Egg Fry.



directions (con't)

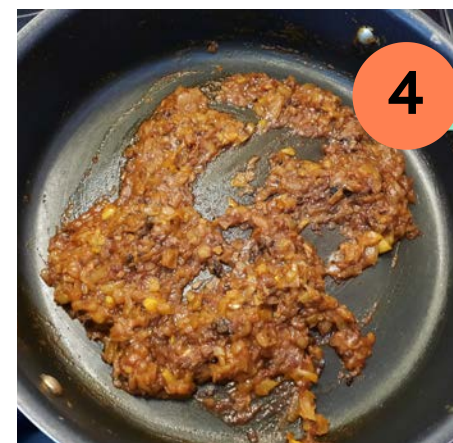
You can serve this Biriyani with a side of **Egg Fry** - boiled eggs fried with spices. Not only does it add some extra protein to your meal, but it is easy to prepare and delicious.

Ingredients for Egg Fry:

- 6 cloves Garlic (smashed)
- 1 Onion (large)
- 1/4 tsp Turmeric Powder
- 1/2 tsp Chilli Powder
- 1/2 tsp Coriander Powder
- Chopped Corriander Leaves
- Salt
- Boiled eggs

Directions for Egg Fry:

1. To a pan, add oil then onion and garlic. Fry well.
2. Add turmeric powder, chilli powder, coriander powder and salt.
3. Add water to mix spices well.
4. Let the water boil down and roast spices on medium heat.
5. In a separate pot, boil your eggs for 10-12 minutes. Don't overcook.
6. Add the boiled eggs to your pot with spices. Stir to coat eggs well.
Cook for 2 minutes then Add chopped coriander leaves.
7. Serve with Goat Biriyani and raita (yogurt with cucumbers, mint and cilantro).



tips

- It is best to marinate your meat for 8 hours or overnight. To marinate it, wash and clean the meat then add 3 tbsp of yogurt and mix well and place in the fridge covered. Marinating the meat helps to tenderise it.
- If you don't have time to marinate the meat, then add the yogurt in at step 8 of this recipe along with the milk and lemon juice.
- Use long-grained rice like Basmati Rice to make Biryani.
- Like it **spicy**? Add more green chillis.
- **Vegetarian**? You can also make this dish with vegetables!



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*Read Gayathri's story
in the #CookWithNCC
series on
KawarthaNow.com*

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