

## BEEF BIRYANI

(Hazel Carvalho)

### Ingredients

#### Curry / Masala:

2 cups oil	2 tsps cumin powder
6 large onions - sliced fine	1 ½ coriander powder
2 bay leaf (omit it if you don't have any)	1 tsp garam masala powder
2 black cardamom (elaichi)	6 tsps salt (1 tsp sprinkled over frying onions - put half the remaining salt in when the meat is being browned - once the curry is cooking, taste it and add the rest if required)
1 tsp cloves	6 cups water - boiling hot
1 tsp black peppercorns	6-8 large potatoes - boiled, peeled and fried brown on all sides
2 medium cinnamon sticks	4 cups basmati rice, wash and soak for half an hour before boiling in water with oil, salt 4 tsps (1 tsp: 1 cup rice), 1 black elaichi, 5 peppercorns, 5 cloves, 3 cinnamon sticks
1 ½ - 2 kgs beef	1 ½ cup ready fried onions for sprinkling between layers
3 tbsps garlic / ginger paste - to be added when browning the meat	
2 tsps black pepper powder (add when meat is being browned)	
4 cups tomato puree	
2 cups yogurt	
½ bunch fresh coriander (grind with tomato puree)	
4 ½ tsps chilli powder	
1 tsp turmeric powder	

### Method:

- ❖ Heat oil, put in the whole spices (bay leaf, black elaichi, cloves, peppercorns and cinnamon) and fry a little.
- ❖ Put in the onions, stir and sprinkle salt (helps it to brown quicker). Cover, but check and stir from time to time, on medium-high heat. When onions begin to brown and turn crisp keep an eye on it and don't let them burn; allow it to turn a very dark brown.
- ❖ Put in the meat, sprinkle with half of the salt, all the black pepper powder and the garlic ginger. Stir and fry the meat until very well browned - about 15-20 minutes. This helps sear the meat, keeping the flavor in.
- ❖ Mix the tomato puree (with the ground up fresh coriander), yoghurt, chilli, turmeric, cumin, coriander and garam masala powders and add to the browned meat. Stir well and add the 6 cups of boiling water. Put on high heat for a while till it bubbles then lower the heat to medium, cover and cook for close to 3 hrs till the meat softens, checking and stirring every 20 minutes or so. You may need to add a dash of salt, and some more boiling water if you

find the liquid decreasing and the meat is not yet soft. The meat should be cooked till it is very tender.

- ❖ Once the meat is done, put in the fried potatoes, stir and let it absorb the masala. If you feel you need to add a little more water, add just a cup. There should be a little, not too much liquid so that the rice has something to absorb as well.
- ❖ Boil the rice till it is almost done (not sooner or it will remain hard). Drain and discard the whole spices and bay leaf if you wish.
- ❖ Layer the masala and rice and sprinkle fried onions on each layer of rice. Cover, place a heavy something on the lid and place in a warm oven 150 C till you're ready to serve.

Accompaniments: Raita or plain yoghurt and salad (especially katchumber)