

PAKISTAN BEEF BIRYANI

SOUTH ASIA
/ PAKISTAN

ORIGINS

Deriving from the Persian word 'Biryani' meaning 'fried before cooking', Biryani was created by the Queen of the Mughal Empire, Mumtaz Mahal, in the 1600s to feed undernourished Indian Soldiers. To create a sustaining meal of carbohydrates and protein, a layered dish of golden fried rice and spiced meat was made. Since its conception, many variations have arisen with additions like fruit and nuts, particularly in Pakistani regions.



4



10 min



90 min



WHAT YOU NEED

- 1/2 pkt (17 g) Pakistani spice
- 500 g gravy beef, cubed
- 200 g fresh tomatoes, chopped
- 200 g sweet potatoes peeled and cubed
- 1/2 cup frozen peas
- 200 g plain yoghurt*
- 250 ml beef stock
- 1 tbsp lemon juice
- 2-3 cups of rice par cooked

HOW TO MAKE

①

Sauté ½ onion, 5 min. Add spice, sauté 1 min. Add beef, sauté 5 min.

②

Add tomatoes, yoghurt and stock continue cooking 60 min until beef is tender.

③

Add potatoes, simmer 10 min, stir in peas. Fry rest of the onion till crispy and golden. Set aside.

④

Spread par cooked rice on top of beef and potato, sprinkle with onion, turn off heat and cover, 20 min.

HOW TO SERVE

Season with lemon juice and Garnish with fresh mint and coriander leaves.

HINTS & TIPS

SIDES & CONDIMENTS

Add 2 tbsp of cashews and currants into the rice when cooking for extra texture and flavour. The best condiments are eggplant or tomato kasundi.

SWAPS & ALTERNATIVES

veggie combos: swap peas for beans or spinach leaves.

reduce meat: 250 g beef + 200 g cooked chick-peas.

alternative: Use 200 g coconut milk instead of yoghurt*

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