



Express  
Chicken Biryani



# Express Chicken Biryani

Serves 4

---

## INGREDIENTS:

180g chicken thighs	3g whole green cardamom
50g onion	3g black cardamom pods
150g basmati rice	5g cinnamon sticks
13g green chillies	2g bay leaves
8g shallot onion	4g cumin seeds
11g garlic, peeled	20g bunched coriander
20g ginger, peeled	25ml olive oil
40g low fat natural yoghurt	190ml cold water
3g hot chilli powder	12g unsalted butter
4g cooking salt	3ml natural red food colouring
4g garam masala	3ml rose water
5g whole black peppercorns	
4g whole clove	

---

## METHOD:

1. Dice the chicken to 1.5cm. Peel, halve and finely slice the onions. Peel the ginger, puree half, julienne the other half. Puree the garlic cloves. Trim the green chillies, deseed, blend half and finely julienne the other half. Dice the butter to 1cm. Wash the rice 3 times under cold water, then drain well.
2. Coat the chicken in the natural yoghurt, ginger paste, garlic paste, chilli powder, green chillies paste, salt, garam masala, peppercorns, mace, cloves, cardamoms, cinnamon and bay leaves, coat well.
3. Add the oil to a pan over medium heat, then add the cumin seeds, sizzle for 2 minutes, then add the onions, cook out for 3 minutes. Add the marinated chicken to the pan and cook for 4 minutes, then add the water, cover with a lid, and bring to a simmer.
4. Add the rice to the pot, stir gently, then recover. After a minute, stir again gently, then recover. Once the water has reduced, lower the heat, keep covered and cook for another 4 minutes. Add the julienne ginger and green chilli, crispy shallot, diced butter and random spots of food colouring, do not stir. Cover with foil, then the lid, allow 2 more minutes, then switch off the heat and leave for 5 minutes. Roughly chop the coriander.
5. Remove the lid and foil, add the coriander and rose water, then gently lift and fluff the rice, do not break the grains, then serve.