

Lamb (Gosht) Biryani

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/gosht-biryani-pakistani-recipe>

Ingredients:

- 2 1/2 cups basmati rice
- 1/4 cup cooking oil
- 8 whole cloves eaches
- 4 black cardamom pods eaches
- 4 cinnamon sticks
- 4 onions large, sliced thin
- 1 tablespoon garlic paste
- 1 tablespoon ginger paste
- 1/4 cup cilantro leaves chopped fresh
- 3 tablespoons fresh mint leaves chopped
- 1 pound lamb chops
- 1 pinch salt to taste
- 3 tomatoes chopped
- 4 chile peppers green, halved lengthwise
- 2 teaspoons ground red pepper
- 2 tablespoons plain yogurt
- 2 tablespoons lemon juice
- 7 1/2 cups water
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 1 onion sliced
- 1/2 teaspoon saffron
- 2 tablespoons milk warm

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams

5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 5 grams
8. Sodium: 410 milligrams
9. Sugar: 5 grams

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