

# Indian Lamb Biryani – How to Make Mughlai Lamb Biryani

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-lamb-biryani-rice-recipe>

## Ingredients:

- 1 pound lamb – Washed & Cut into bite-size pieces
- 2 cups basmati rice
- 5 tablespoons oil –, Use any flavorless oil of choice
- 3 tablespoons ghee
- 2 pinches saffron optional
- 1/4 cup milk extremely important
- 2 onions Large, – thinly sliced.
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1/2 cup yogurt Thick, – whisked
- 1/2 cup water – For cooking Lamb
- 4 cups water – For cooking rice
- 2 drops water Kewda, optional
- 1/4 cup fresh cilantro roughly chopped
- 1/2 cup fresh mint roughly chopped
- 3 drops food color Orange, optional
- 3 drops yellow food color optional
- 3 bay leaf big
- 2 sticks cinnamon
- 6 black cardamom big, crushed
- 8 cloves
- 10 green cardamom
- 2 tablespoons coriander powder
- 2 tablespoons cumin powder Roasted
- 1 1/2 tablespoons garam masala – store-bought OR homemade
- salt – As per taste
- red chilies – As per taste

## Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 94 grams
3. Cholesterol: 85 milligrams
4. Fat: 55 grams
5. Fiber: 9 grams
6. Protein: 30 grams
7. SaturatedFat: 14 grams
8. Sodium: 350 milligrams
9. Sugar: 5 grams

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