

# Beef Biryani

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 1/8 pounds beef
- 2 tablespoons yogurt
- 1/4 teaspoon turmeric powder
- 1 teaspoon red chili powder
- 1 teaspoon lemon juice
- 1 teaspoon ginger garlic paste
- 1 teaspoon salt
- 3 cardamom
- 5 cloves
- 2 canela
- 2 bay leaf
- 1 tablespoon oil
- salt to taste
- 1 teaspoon fennel seeds
- 4 tablespoons oil
- 2 tablespoons ghee
- 1 onion
- 1 ginger
- 10 cloves
- 4 green chilies
- 3 leaves
- 3 leaves
- 1 tomato
- 1 teaspoon lemon juice
- Garam Masala or Biryani Masala– 1 tsp
- 1/2 teaspoon red chili powder
- black pepper Powder – 1/4 tsp
- 1/4 teaspoon turmeric powder
- 10 cashews
- black pepper Powder – 1 tsp
- 1 onion
- 3 tablespoons milk
- 3 saffron
- 1/4 teaspoon Garam Masala

- 2 tablespoons ghee
- 3 tablespoons oil

## **Nutrition:**

1. Calories: 660 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 75 milligrams
4. Fat: 52 grams
5. Fiber: 8 grams
6. Protein: 25 grams
7. SaturatedFat: 9 grams
8. Sodium: 810 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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