

Indian Lamb Biryani

Yield: 7 min

Total Time: 150 min

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

Ingredients:

- 2 pounds leg of lamb boneless, fat trimmed off, cut into 1-inch cubes
- 5 tablespoons fresh ginger root peeled and roughly chopped, 5-inch by 2 inch piece or something comparable.
- 7 large garlic cloves roughly chopped, about 3 tablespoons
- 1/2 teaspoon kosher salt
- 3 ground black pepper grinds of fresh
- 2 cups basmati rice Indian is best
- 3 tablespoons olive oil
- 2 yellow onions or medium red, peeled, halved and thinly sliced
- 30 ounces tomato sauce
- 3/4 teaspoon ground cayenne pepper (depending on how hot you like it)
- 1 tablespoon paprika sweet, not hot
- 2 teaspoons kosher salt
- 1 teaspoon ground turmeric
- 1 teaspoon garam masala
- 2 tablespoons ghee or butter
- 2 teaspoons cumin seeds
- 4 cardamom pods
- 2 bay leaves dried
- 2 cinnamon sticks
- 1 red onion peeled, halved and thinly sliced
- 1/2 teaspoon saffron threads heaping of, about 1 gram or .04 ounces
- 2 teaspoons kosher salt
- 2 cups plain yogurt
- 1 cucumber peeled, halved lengthwise, seeds scraped out with a spoon, and grated or finely chopped.
- 1/2 cup mint leaves chopped, plus some for garnish, if you like
- 1 garlic clove pressed or finely minced
- 1 teaspoon cumin seeds toasted in a dry pan over high heat for a few seconds, until fragrant, if you're short on time, you can use 1/2 t...
- 1/2 teaspoon kosher salt

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 95 milligrams
4. Fat: 22 grams
5. Fiber: 8 grams
6. Protein: 38 grams
7. SaturatedFat: 6 grams
8. Sodium: 2330 milligrams
9. Sugar: 17 grams

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