

Veg Dum Biryani | Veg Biryani

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 3 cups basmati rice aged
- 2 teaspoons salt
- 10 cups water plus more to soak the rice
- 1/4 teaspoon cumin seeds
- 1/4 teaspoon caraway seeds Shahjeera
- 1 cinnamon stick
- 2 cardamom pods
- 3 cloves
- 3 pepper corns
- 1 green chili
- 2 medium carrots
- 1 large eggplant
- 1 cup pigeon peas
- 1/4 cup broad beans Green, Surati Papdi, Edamame makes a great substitute.
- 1/2 cup green peas
- 1 large bell pepper
- 1/2 cup plain whole milk yogurt
- 1/4 cup water
- 1 cup potatoes
- 1 cup potatoes
- 3 medium potato
- 2 tomatoes
- 2 tablespoons ginger garlic paste
- 1 1/2 teaspoons Biryani Masala homemade, or Boxed Biryani Masala
- 1 teaspoon turmeric powder
- 1 1/2 teaspoons chili powder Kashmiri, adjust more or less for your preference
- 1 teaspoon coriander powder Cumin-
- 1 teaspoon dried mango powder Amchur powder
- 1 teaspoon fenugreek dried
- 4 dried plums Aloo Bukhare
- 1 cinnamon stick
- 2 cardamom pods
- 3 cloves
- 1/4 teaspoon cumin seeds Jeera

- 1/2 caraway seeds Shahjeera
- 2 bay leaf Tej Patta
- 1 whole mace Javantri
- 1 teaspoon salt or to taste
- 1/4 cup chopped cilantro
- 1/4 cup oil or Ghee
- 1 large onion
- 1/2 cup oil for frying
- 1/4 cup chopped cilantro
- 3 lemon slices
- 1/2 teaspoon Biryani Masala
- 1/8 teaspoon orange food coloring dissolve it in 2-3 tablespoons water
- 10 saffron
- 1/4 cup warm water

Nutrition:

1. Calories: 1410 calories
2. Carbohydrate: 225 grams
3. Cholesterol: 5 milligrams
4. Fat: 46 grams
5. Fiber: 30 grams
6. Protein: 33 grams
7. SaturatedFat: 4 grams
8. Sodium: 1890 milligrams
9. Sugar: 14 grams

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