

Lamb Biryani

For enough to feed 6 you will need:

- 6 tbsp vegetable oil
- 3 onion, finely chopped
- 3 tsp turmeric
- 12 whole cardamom pods
- 5 tsp cumin seeds
- 3 tsp chilli flakes
- 3 tsp ground cinnamon
- 3 bay leaves
- 900g long grain rice
- 3 vegetable stock cubes
- 2.4L boiling water
- 1kg lamb fillet, cubed
- 1 Mixing jug
- 1 Sharp knife
- 1 Chopping board
- 1 Tablespoon
- 1 Fish slice
- 1 Wooden spoon
- 1 Whisk
- 1 Frying pan
- 1 Large Dixie



1. Heat 3 tablespoons of the oil in large Dixie and gently fry the onion for 3-4 minutes, until softened. Add the spices and bay leaves and cook for another 1-2 minutes. Stir in the rice, coating with the oil and spices.
2. In your mixing jug, dissolve the stock cubes in the boiling water and pour into the pan with the rice. Stir once, cover with a lid and bring to a gentle simmer.
3. Heat the remaining oil in frying pan and fry the lamb chunks for 1-2 minutes, or until golden-brown.
4. Add to the rice, turn the heat down to low and cook, covered, for 20-30 minutes, until the rice is tender.