

Vegetarian Biryani

This recipe is a combination of a few recipes. I have used it a few times and liked it well enough to write it down as my recipe. As with most recipes I use, it turns out a bit different each time.

Usually Biryani recipes mix the rice and other ingredients just before serving. I have found it works better to cook the rice separately and serve by just putting the Biryani mix over top. I use brown rice.

There are a lot of ingredients, but it is really simple to make.

Start the rice cooking while you prepare the other ingredients.

Ingredient list

1 medium onion peeled and diced
3 cloves garlic minced
2 tsp coriander
2 tsp cumin
2 tbsp grated fresh ginger (or ½ tsp ground)
2 tsp garam masala
½ tsp cardamom
2 tsp tumeric
½ tsp cinnamon
1/2 tsp salt or to taste
¼ tsp pepper

2 stalks broccoli, cut into florets
½ small head cauliflower, cut into florets
3 medium carrots sliced
½ c red pepper
½ c mushrooms sliced
1 c frozen vegetables of your choice.

½ c raisins
½ c toasted sliced almonds

Water or vegetable broth as needed

Optional

Add 28 oz can garbanzo beans or 2 c cooked garbanzo beans

OR saute tofu, cut into chunks using balsamic vinegar, not oil and add at the end. Or have on the side.

Instructions

1. Start the rice cooking
2. Chop the onions, mince the garlic, cut the broccoli, cauliflower, pepper
3. Slice the carrots and mushrooms.
4. Assemble all the spices
5. In a large pot saute the onion and garlic in a small amount of olive or other oil or a little bit of water or balsamic vinegar
6. Add the carrots, broccoli, cauliflower and mushrooms. Continue to cook these until al dente – a bit tender but definitely not mushy. Add a little water at a time, This is part actually almost a stir fry type of cooking. Takes about 8-10 minutes
7. Toast the almonds
8. Add the spices and mix well into the mixture. . Add a bit more liquid. You want enough liquid to make a nice sauce but not so much that it becomes soup!!
9. Add the peppers and frozen vegetables and cook another few minutes, just until hot and not overdone.
10. Just before serving add the raisins and almonds. Also the garbanzo beans (heated up) or tofu.

Serve over the cooked rice.

Delicious

If you have an instant pot. Here are the alternate instructions

1. Cook the garbanzo beans ahead of time to within 5 minutes of being fully cooked.
2. Add all of the other ingredients except the frozen vegetables, raisins and almonds
3. Mix well
4. Add enough water or broth to make a sauce, not soup.
5. Cook another 5 minutes. Then let steam go down for a few minutes, then manually reduce steam.
6. Add the frozen vegetables, raisins and almonds
7. Ready to serve.