

DT Food Year 6 21/11/16

Vegetable Biryani

250gm basmati Rice

1 vegetable stock cube

1 carrot

1 onion

½ a pepper

3tbsp of oil

½ tsp black onion seeds

½ tsp cinnamon

½ tsp turmeric

½ tsp ground coriander

½ tsp cumin



Method

First chop all the vegetables to the same size so they will cook at the same speed.

Next heat the oil in a pan and add the vegetables and fry for 2 minutes to get the vegetables soft.

Then add the spices and gently fry them to release the oils in the spices.

Next add the rice and stir thoroughly so that every grain has a coating of the spices.

Lastly add the stock cube, a pinch of salt and add enough water to just cover the rice place a tight fitting lid on to the pan and turn the heat right down and leave to steam for 15 minutes.

The rice should be just cooked and to serve just sprinkle with some chopped coriander.