



## Nada's Iraqi Biryani Recipe

### INGREDIENTS

#### Spice mix (all ground)

100g black pepper  
100g cardamom  
50g cinnamon  
50g clove  
50g coriander  
50g mild (or hot) paprika  
100g pimento  
50g white pepper

#### Main Ingredients

½ kilo of chicken breast fillet, cut into 1-inch cubes  
2 Potatoes, cut into 1 cm cubes  
1 cup of raw almonds, blanched and halved  
1 cup of extra-large sultanas  
1 cup of rice (use Low GI rice or basmati for people with diabetes)  
1 cup of frozen corn, peas and carrots, defrosted and rinsed  
Vegetable oil, use as required  
Spice mix, add the amounts as indicated above  
Salt to taste

### INSTRUCTIONS

1. Wash the rice a few times in cold water to rid of excess starch, then keep the rice in cold water (cover by 1 cm) for at least half an hour before cooking.
2. Brown the chicken in oil. Add 1 level tablespoon of the spice mix, and keep turning the chicken for a few minutes until it's cooked thoroughly. Remove from heat and place in a small bowl.
3. Brown the potatoes in oil on medium heat, add half a tablespoon of the spice mix, and keep turning until ready. Remove from heat and place in a small bowl



4. Brown the almonds in a little oil on low heat, and add one level tablespoon of the spice mix. Keep turning carefully for a minute or two. Make sure not to burn the almonds. Remove from heat and place in a small bowl.
5. Fry the sultanas on low heat until they soften and expand in size; their golden colour will increase gradually as you cook them. Add one level tablespoon of the spice mix and mix carefully for a minute or too, which is enough time for the spices to be absorbed. Make sure not to burn the sultanas. Remove from heat and place in a small bowl.
6. Place a large non-stick cooking pot on high heat with 3-4 tablespoons of oil, and wait for the oil to heat. Drain the rice, place inside the pot, and add the vegetables. Cover the rice and vegetables with approximately  $\frac{1}{2}$  cm of boiled water. Add 1 full tablespoon of the spices and a pinch of salt. Place the lid on the pot, and leave on high heat until water is absorbed.
7. After the water is absorbed, let the rice simmer on low heat. Stir the rice and vegetables a few times. Place a small tea towel underneath the pot's lid and secure the lid back on. This will absorb the excess water (if any). Let simmer for about 20 minutes.
8. Once the rice is cooked remove from heat and serve on a flat platter. Add the chicken, almonds, potatoes and sultanas on top of the rice and that's it, the Iraqi Biryani is ready to enjoy!

