

Beef Biryani

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If there is one meal that captures the feel & aromas of the Kenyan Coast, it has to be biryani. My beef biryani gives you the same wholesomeness in one bite.

Ingredients:

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| 1 cup of rice | 1 teaspoon of cardamom powder |
| 1/2 a kg of beef, boiled | 2 tomatoes, grated |
| 3 cinnamon sticks (or 1/2 a teaspoon of cinnamon powder) | 1 red onion, finely diced |
| 1 heaped teaspoon of turmeric | 4 large cloves of garlic |
| 1 teaspoon of ground cumin | 1/2 of a thumbsized ginger root, minced |
| 1 teaspoon of black pepper | 1/2 a cup of mala (or natural yoghurt) |
| 1 teaspoon of garam masala | 1/2 green bell pepper, finely diced |

Method

Put your cup of rice to boil. Once it is just almost cooked, remove from the heat and set aside.

In a pan, add the onion, green bell pepper and the crushed ginger and garlic. Let this sautee for about 3-5 minutes on medium low heat.

After that, add the tomatoes, the beef, cumin powder, cardamom powder, cinnamon sticks, black pepper and the garam masala. Mix it all up and let it all simmer until it resembles a dry fry.

After the beef has significantly dried up, pour in the mala in a steady stream. Mix it in and let this simmer for 3-5 minutes.

Add the cooked rice and mix it in with a fork so that it does not get mashed. Add the turmeric and toss the rice. Do not over mix. Discard the cinnamon sticks if you used those instead of the powder. Let this stay on the heat for a minute or two then serve.



SERVE WITH: on its own or with some gravy, coleslaw and kachumbari

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/beef-biryani/>