

Pakistan Recipes

Chicken Biryani

Ingredients:

1½ pounds chicken thighs, skin on and bone in

Marinade:

⅔ cup yogurt, plain

½ cup water

2 tablespoons vegetable oil

6 garlic cloves, minced

2 teaspoons finely grated ginger

⅛ teaspoon ground turmeric

¼ teaspoon cinnamon

½ teaspoon cayenne

½ teaspoon ground cardamom

2 teaspoons garam masala

2 teaspoons coriander

1 tablespoon cumin

2 tablespoons paprika

1½ teaspoons salt

Par boiled rice:

2 tablespoons salt

10 cloves

5 dried bay leaves

1 star anise

6 green cardamon pods

2¼ cups uncooked basmati rice

Crispy Onions:

2 medium onions, halved and finely sliced

1 cup oil, for frying



Saffron:

1 teaspoon saffron threads, loosely packed
2 tablespoon warm water

Biryani:

1 cup cilantro, chopped
¼ cup ghee or unsalted butter, melted

Garnish:

Crispy onions (above)
Chopped cilantro
Yogurt

Directions:

Mix marinade in a large pot. Add chicken and coat well. Marinade 20 minutes to overnight.

For par boiled rice, bring 3 quarts water to the boil; add salt and spices. Add rice and bring back up to a boil. Cook for 4 minutes or until rice is just cooked. Drain immediately and set aside.

Heat oil in a large saucepan over medium high heat. Cook onion, in batches, for 3 to 4 minutes, until just golden brown. Remove onto paper towel lined plate. Repeat with remaining onion. Place saffron in a bowl with water and leave for 10 minutes.

Place pot with chicken in it on the stove over medium heat. Cover and cook for 5 minutes. Remove lid. Cook for 5 minutes, turning chicken twice. Remove from heat.

Turn chicken so skin side is down. Cover with half the onion and half the coriander. Top with all the rice. Gently pat down and flatten surface. Drizzle saffron across rice surface in random pattern, then drizzle with ghee. Replace lid and return to stove over medium heat. As soon it begins to steam, turn heat to low and cook for 25 minutes. Remove from stove, rest with lid on for 10 minutes.

Serve hot garnished with remaining onion and coriander. Serve yogurt on the side.

Nihari Masala

Ingredients:

- 1 tablespoon cumin seeds
- 2 teaspoons fennel seeds
- 1 teaspoon dry ginger
- 5-6 green cardamoms
- 2 black cardamoms
- 4-5 cloves
- 1 bay leaf
- 1 inch cinnamon stick
- 8-10 black peppercorns
- ¼ teaspoon grated nutmeg



Directions:

Dry roast all the spices together. Cool and grind them to a fine powder. Store in a sealed container.

Mutton Nihari

Ingredients:

- 1 pound mutton, cut into 8-10 pieces
- 4 tablespoons ghee
- 2 medium onions, finely sliced
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- Salt to taste
- 2 teaspoons coriander powder
- ½ teaspoon turmeric powder
- 3 tablespoons wheat flour
- 3 tablespoons nihari masala
- 1 inch ginger, cut into thin strips
- 4-5 stalks fresh coriander leaves
- 1 tablespoon lime juice



Directions:

Heat ghee in a deep bottom stock pot. Once the ghee is hot, add sliced onions and fry until they start to brown. Add mutton pieces, ginger paste, garlic paste, coriander powder, turmeric powder, and salt. Mix well to coat the mutton in ghee and spices. Sauté for 5 minutes. Add nihari masala and 8 cups of water. Mix well, cover, and cook on very low heat for about 4 hours, until the meat is tender.

Dissolve wheat flour in half cup of water. Make sure there are no lumps. Slowly add it to the pot. Stir to mix well and let it simmer for another 10-15 minutes, until sauce thickens.

Sprinkle with lime juice and garnish with ginger strips and fresh coriander leaves. Serve hot.

Pakistani Pulao

Ingredients:

- 1 pound basmati rice
- 1 pound chicken, washed and cleaned
- 1 teaspoon cumin seeds, crushed
- 2 onions, finely chopped
- 5 mint leaves
- 5 green chiles
- 1 teaspoon coriander seed, crushed
- ½ tablespoon chili flakes
- ½ teaspoon turmeric
- ½ teaspoon salt
- ½ tablespoon ginger, minced
- ½ tablespoon garlic, minced



Directions:

Fry onions in a shallow skillet until light brown. Set aside a few bits for garnishing. Once remaining onions are golden brown, add chicken and fry until golden. Add ginger and garlic and sauté until combined. Add salt, cumin seed, coriander seed, chili flakes, and turmeric.

Once oil starts to appear along the top, add 1 cup water and bring to a boil. To this, add green chilies and mint leaves. Then add the rice. Cook on high flame until water is reduced.

Cover with the lid and let rice cook on low flame for about 15 minutes. Serve warm.

Gulab Jamuns

Ingredients:

For the syrup:

- 2 cups water
- 2 cups sugar
- 1 tablespoon lemon juice
- 1 pinch saffron
- 4 green cardamom pods, crushed
- 2 whole cloves
- 1 teaspoon rose water

For the Jamuns:

- ¼ cup fine semolina flour
- ¼ cup milk
- 2 cups non-fat dried milk powder
- 1 teaspoon baking powder
- ½ teaspoon ground green cardamom
- ⅛ teaspoon kosher salt
- 6 tablespoons heavy cream, divided plus more as needed
- 3 cups grapeseed oil, for frying
- 3 tablespoons chopped pistachios or cashews, for garnish



Directions:

For the syrup: Combine water, sugar, lemon juice, saffron, cardamom, and cloves in a medium saucepan. Bring to a boil over medium-high heat, stirring occasionally with a rubber spatula. Reduce heat to a simmer and cook until a drop of the syrup pressed between two teaspoons forms a sticky, thin thread when spoons are pulled apart, about 5 minutes. Remove from heat, stir in rose water, cover, and set aside to keep warm.

For the Jamuns: In a small bowl, stir together semolina and milk, and set aside for 30 minutes to allow semolina to soak.

Line a rimmed baking sheet with parchment paper. In a large bowl, whisk together milk powder, baking powder, cardamom, and salt. Sift mixture twice through a fine-mesh strainer onto prepared baking sheet.

Transfer sifted mixture back to large bowl and make a small well in the center. Return sheet of parchment to baking sheet and set aside.

Add the semolina-milk mixture, along with $\frac{1}{4}$ cup cream, to center of well. Using clean hands, mix ingredients to form stiff but sticky dough. If mixture seems dry, add more cream as needed, 1 tablespoon at a time, until dough forms.

To form jamuns, take 1 tablespoon of dough and roll between palms to shape into a smooth, 1-inch ball. If any cracks appear on the surface, wet your palm with a drop or two of heavy cream to help shape and smooth out ball. Place formed jamun on the reserved parchment-lined baking sheet, and repeat forming process with remaining dough (you should end up with 18 balls).

In a medium saucepan heat ghee over medium-high heat to 325°F. Line a plate with paper towels. Working in two batches, carefully add half of the dough balls, one at a time, to the hot oil; using a slotted spoon, immediately move each ball as it's added to the oil to prevent them from sticking to bottom of the pot. Cook, occasionally moving balls around with a slotted spoon, until jamuns are golden brown all over, about 3 minutes. Using slotted spoon, transfer to paper towel-lined plate, and allow to rest 30 seconds.

Transfer fried jamuns to saucepan of scented syrup, and cover. Repeat process with remaining dough balls. Allow jamuns to soak in the syrup, covered, for at least 4 hours, preferably overnight. After the initial 4-hour soak, the gulab jamuns can be transferred, along with the syrup, to the refrigerator.

To serve, gently reheat gulab jamuns in the syrup over low heat until warmed through. Transfer to a platter or individual serving plates, spooning syrup generously over top, and garnish with chopped pistachios or cashews. Serve immediately.