

CHICKEN BIRYANI

Chef Rob Trufant created this recipe to share as part of an international cooking demonstration. Enjoy his take on this traditional dish from India!

Chef Rob Trufant, Kellogg Catering

Featured Food: Chicken

Yield: 4 Servings

Ingredients

Ingredients & prep work for rice:

Basmati Rice – 1 ½ cups – Rinsed well, soaked for 30 minutes, drained

Chicken Stock – 2 ¼ cups

Ingredients & prep work for chicken and marinade:

Combine for at least 30 minutes prior to cooking:

Chicken – 1.5 lb. – Boneless Breast or Thigh – Large Dice

Plain Yogurt – ½ individual 5 oz. container

Garam Masala – 1 Tbsp.

Lime Juice – 1 Lime

Salt and Pepper – To Taste

Ingredients & prep work for vegetables:

Prep Separately:

Yellow Onion – 1 small – medium dice

Red Bell Pepper – 1 small – medium dice

Jalapeno – 1 ea. – small dice

Garlic – minced (prepared ok) – 1 Tbsp.

Curry Powder – 1 Tbsp.

Golden Raisins – ½ cup

Tomato Paste – 1 Small Can

Mint Leaves – 1 Tbsp. Chopped

Chicken Stock – 1 cup

Salt and Pepper – to taste

Ingredients & prep work for Raita:

Combine for Raita:

Plain Yogurt – 1 individual 5 oz. Container

Cucumber – Small Dice or Grated – ½ cup

Cilantro – 2 Tbsp. Chopped Leaves (from kinilaw recipe)

Mint – 1 Tbsp. Chopped Leaves

Ground Cumin – 2 tsp

Salt and Pepper – to taste

Preparation

1. Prepare all ingredients as listed

2. Marinate Chicken – dice chicken and combine ingredients listed

3. Make Raita – combine all ingredients and season

4. Cook Rice – place rice in small oven safe dish – heat up chicken stock, pour over rice, stir, cover, and place in 350 oven for 30-45 minutes or cooked.

5. While rice is cooking, begin sautéing onions until translucent, then add peppers and cook until starting to brown, then curry powder, raisins, and garlic until fragrant, then tomato paste until coated. Add chicken, sliding veggies to the side, searing then flipping. Add Mint and Stock to Pan, cover, and cook until chicken is tender, about 10 minutes.

6. To Serve – distribute chicken base amongst 4 bowls, top with rice, and serve with raita.

7. Enjoy!