

Recipe Name: Ambur Star Chicken Biryani Recipe
Diet Type: Non-Vegetarian
Course: Main Course
Cuisine: Tamil Nadu
Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Seeraga (Jeeraga) Samba rice - washed and soaked • 1 tablespoon Ghee • 1 Bay leaf (tej patta) • 1 Star anise • 1 Cinnamon Stick (Dalchini) • 2 Cardamom (Elaichi) Pods/Seeds • 1 clove Cloves (Laung) • 500 grams Chicken - cleaned and washed • 4 tablespoons Sunflower Oil • 2 inch Ginger - finely chopped • 4 cloves Garlic - finely chopped • 3 Onions - sliced • 2 Tomatoes - chopped • 3 teaspoons Red Chilli powder • Salt - to taste • 2 teaspoons Coriander Powder (Dhania) • 3 tablespoons Curd (Dahi / Yogurt) • 1/4 cup Mint Leaves (Pudina) - roughly torn	2

Preparation

- To begin making the Ambur Star Chicken Biryani, thoroughly wash and clean the chicken and set aside.
- Soak the Seeraga samba rice, for a minimum of 30 minutes.
- In an open pan, add ghee, bay leaf, star anise, cinnamon, cloves, cardamom.
- To this add 2 cups of water and bring to a single boil.
- Add the washed and drained rice and cook until the rice is about 70% cooked.



- In a deep kadai, on medium flame, heat 4 tablespoons of oil, add the sliced onions and cook till transparent for about 5-7 minutes.
- At this stage mix in the ginger paste, garlic paste and salt.
- Saute for a couple of minutes.
- Mix in the chopped tomatoes and cook until they are soft.
- Once the onion-tomato mixture comes together, slightly tilt the kadai, and remove the excess oil, spoon by spoon into a small cup/katori.
- Now that the excess oil has been drained out, add the yogurt/curd and chicken and mix well.
- Allow the chicken to cook until almost done to about 80%.
- This process is done in order to seal the kadai in which the biryani is cooking.
- The heat from the hot water in the saucepan provides heat from the top, while there is heat from the bottom as well creating the effect of "Dum".

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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