

BIRYANI RICE 印度香饭



Ingredients 配料A:

- 2 tsp 茶匙 ghee 印度酥油
- 1 卷 x 9 cm long 长的 cinnamon stick 肉桂皮
- 1 粒 whole star anise 八角茴香全果
- 1 粒 onion 洋葱

(Ground together 一同捣碎)

- 8 粒 shallots 冬葱
- 2 瓣 clove garlic 大蒜
- 1 cm ginger 生姜

(mix with 搅合)

- 3/4 tsp 茶匙 turmeric powder 黄姜粉
- 3/4 tsp 茶匙 chilli powder 干辣椒粉
- 3/4 tsp 茶匙 black peppercorn powder 黑胡椒粉

Ingredients 配料B:

- 1 粒 tomato 番茄 – quartered 切成四分
- 1 stalk 枝 curry leaf 咖喱叶
- 2 1/2 cups 杯 thin coconut milk 稀椰浆
- pinch of salt 一撮盐
- 1 1/2 cup 杯 Basmati rice 印度香米(washed and drained 洗净和放干)

(For garnishing 配菜)

1/4 cup 杯 raisin 葡萄干

1/4 cup 杯 fried cashew nuts 炒腰豆

Tomatoes and cucumber slices 番茄和黄瓜薄片

Method 烹调法:

Heat ghee and fry ingredients A until aromatic. Add in ingredients B.

Bring to boil, add in rice and stir well. Transfer rice to an electric cooker. Cook until rice is done.

Fluff up rice, garnish with cashew nuts, cucumber, tomatoes slices.

给酥油加热，炒配料 A 至芳香。添加配料 B。煮滚，加入米，搅拌均匀合。

将米移到电饭煲。饭煮熟后，弄松，用腰豆、黄瓜片、蕃茄片作配菜。

(Contributed by 感恩: Sis Annie Teh, SSBCNED, Penang)