

Oven Baked

# Chicken Biryani Casserole

Adapted from My Food Story blog and by my relative, Janice. And then adapted further by me.



## BROWND ONIONS:

2 whole yellow onions, halved, sliced

1/3 cup vegetable oil

## CHICKEN:

3 cups cooked chicken, chopped in cubes or shredded

3/4 cup yogurt

1/4 cup tomato puree, or tomato paste (use a bit less)

1/4 cup vegetable oil

3 cloves garlic, finely minced

2 teaspoons fresh ginger, grated

1 tablespoon kashmiri chili powder

1/2 teaspoon ground cumin

1 teaspoon turmeric

1 teaspoon garam masala, ground to a powder

2 tablespoons onions, well browned

1 1/4 teaspoons salt

1/4 cup milk, or heavy cream

## SAFFRON MIXTURE:

2 tablespoons hot milk

10 Saffron strands (10 to 15)

## RICE:

2 cups basmati rice

6 cups water

2 tablespoons salt

1 whole bay leaf

6 whole cloves

1/2 teaspoon ground cumin

2-3 Cardamom Pods

## GARNISHES:

1 cup mint

1 cup cilantro, chopped

crispy brown onions from above

Add a little chicken broth if needed to the casserole. Serving: black sesame seeds (optional), onion raita or plain raita (optional) or plain yogurt

*Per Serving (excluding unknown items): 744 Calories; 40g Fat (48.0% calories from fat); 60g Protein; 36g Carbohydrate; 5g Dietary Fiber; 153mg Cholesterol; 4378mg Sodium; 5g Total Sugars; trace Vitamin D; 164mg*

## Servings: 4

1. **ONIONS:** pat the onions dry and if time permits, leave them out on a kitchen towel for 15-20 minutes to dry them out slightly. Heat oil in a pan and add the onions. Over a medium flame, shallow fry the onions for 15 minutes until they are a deep golden brown, without burning them. Drain them on a paper towel, and set aside. These can be made ahead and stored in an air tight container overnight. Burned onions will add a bitter flavor to the biryani. You can also use store bought fried onions/ shallots which are easily available in leading supermarkets, Indian and Asian stores.

2. **CHICKEN:** Mix together all the ingredients under chicken and marinate for at least two hours or up to 2 days.

3. **SAFFRON:** When you are ready to make the biryani, soak saffron strands in hot milk and rub them slightly with the back of a spoon. Set this aside.

4. **RICE:** Bring water to a roaring boil and add salt, whole spices and basmati rice. Cook for about 15 minutes (until barely tender) and drain completely. Remove the whole spices in the rice.

5. **CASSEROLE:** If the chicken mixture is very thick, add a bit of milk or cream to thin it enough to loosen it. In a large casserole dish, pour the chicken and spread out evenly. Scatter half the onions all over the chicken, and then sprinkle half the cilantro and mint leaves. Next layer the rice all over the top, and in the end drizzle saffron milk over the rice. Then scatter the remaining onions over the top. You may heat this in the microwave (covered) for 5-8 minutes or bake in a 325°F for about 35 minutes until the chicken mixture on the bottom is fully heated through. Do not let the rice dry out - so you may need to cover the casserole with foil. If you're in a mighty hurry, heat just the chicken in the casserole in the microwave, then add onions and herbs, then add the hot rice to the top, and finish with the garnishes. Heat in the microwave for 1-2 minutes maximum and serve.

6. Scatter the remaining mint and cilantro. Serve hot, digging the spoon deep to get all the layers. Serve with raita or additional yogurt.

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Calcium; 6mg Iron; 853mg Potassium;  
497mg Phosphorus. Exchanges: .

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**