

# Atterachi Biryani - Goat Biryani

**G**OAT BIRYANI is an aromatic rice dish. It is reserved for special occasions because goat is expensive in Kerala. Goat is sold in specialist shops in America, but lamb can be substituted for goat in this recipe. GOAT BIRYANI is flavorful and rich because the meat, along with marrow bones, is slow-cooked in clarified butter or oil with a variety of aromatic spices. Although the recipe has many steps, the dish is a complete meal in itself. All it needs is a simple accompaniment of a whisked yogurt salad with grated cucumber, slices of pungent red onion, and tomatoes.

## Ingredients (Serves 6)

- Basmati rice - 2 cups
- Goat (including bones) - 3 lb / 1½ kg
- Medium onions - 2
- Garlic cloves - 6
- Ginger - 2-inch / 5-cm piece
- Small green chilies - 6
- Peppercorns - 8
- Large ripe tomatoes - 3
- Plain low fat yogurt - ½ cup
- Mint leaves - 3 tbsp
- Coriander leaves - 2 tbsp
- Curry leaves - 6
- Olive oil - 5 tbsp
- Whole cardamom - 10
- Cinnamon sticks - 2
- Whole cloves - 10
- Red chili powder - 1 tsp
- Turmeric powder - ¼ tsp
- Coriander powder - 1 tbsp
- Coconut milk - 3.5 fl oz / 100 ml
- Lime juice - 1 tbsp
- Salt - 1 tsp

## Garnish Ingredients

- Saffron - 4 strands
- 1% milk - ¼ cup
- Olive oil - 2 tbsp
- Medium onion - 1
- Cashew nuts - ¼ cup
- Raisins - ¼ cup
- Large eggs - 3
- Mint leaves - 4
- Lime - 1

## Utensils

- 2 large pans with lids
- Colander

### Nutrition Information (per serving) %DV

Calories	829	41 %
Carbohydrates	76 gm	25 %
Protein	61 gm	122 %
Fat	32 gm	49 %
Cholesterol	254 mg	85 %
Sodium	677 mg	28 %
Fiber	5 gm	20 %
Calcium	172 mg	17 %
Iron	12 mg	67 %

Spice grinder  
 Food processor  
 Small wok  
 Oven-safe dish  
 Aluminum foil

### Preparation (Soaking + 10 minutes)

1. Wash the rice. Soak the rice in a pan with 2 cups of water, a stick of cinnamon, and 3 pods of cardamom for 20 minutes. Tip the rice into the colander and drain out the water.
2. Boil 4 cups of water.
3. Wash and cut the goat into bite-size cubes.
4. Peel the onions.
5. Peel the garlic and ginger.
6. Trim the stems off the green chilies.
7. Add the onions, ginger, garlic, and green chilies to the food processor and mince.
8. Grind the peppercorns in the spice grinder.
9. Wash and chop the tomatoes into small chunks.
10. Whisk the yogurt.
11. Wash and chop the mint, coriander, and curry leaves coarsely.

### Garnish Preparation (10 minutes)

1. Warm the milk. Soak the saffron strands in it for 5 minutes.
2. Peel and slice the other onion.
3. Boil the eggs and quarter them.
4. Quarter the lime.

### Cooking (50 minutes)

1. Heat 1 tbsp of oil in the other pan over high heat.
2. Add the rice to the hot oil and stir constantly, until the rice is well coated with the oil.
3. Add the boiling water to the rice. Cover and cook for 9-10 minutes. Pour the cooked rice immediately into the colander to ensure the rice grains stay crisp and separate.
4. Heat the remaining 4 tbsp of oil on high in the large pan.
5. Add the minced onion, ginger, chili, and garlic mixture and stir-fry until the mixture turns golden brown.
6. Add the cardamom, cinnamon, cloves, and crushed pepper and stir-fry until aroma of spices is released.
7. Add the red chili, turmeric, and coriander powders and sauté until the mixture turns a shade darker.
8. Add the goat pieces, bones, and tomatoes and mix well with all the spices in the pan.
9. Add the coriander, mint, and curry leaves.
10. Add 1¼ cup of water and bring it to a boil. Reduce heat to low. Cover and cook for an hour, checking halfway to make sure there is enough liquid. Add more water as needed. Stir occasionally. When almost cooked (a fork should be able to pierce the goat easily), add the yogurt and coconut milk and mix well.
11. Add the salt and lime juice and cook on low for another 15 minutes. Goat meat should be soft and the gravy thick.

### Garnish Cooking (5 minutes)

1. Heat 2 tbsp oil in a wok over high heat.
2. Add the onions and sauté until they are crisp and brown. Remove the fried onions with a spatula,

draining off excess oil. Keep aside.

3. In the remaining oil, add the cashew nuts and raisins and stir-fry until the cashew nuts are golden brown. Remove and keep aside.

### **Assembling (20 minutes)**

1. Just before serving, set the oven at 375°F / 190°C.
2. Coat an oven-safe dish lightly with oil and alternate layers of the cooked rice with goat meat and gravy, starting and ending with the rice.
3. Pour the saffron infused milk over the rice.
4. Cover and seal with aluminum foil.
5. Bake for 15 minutes.
6. Sprinkle the fried onions, cashew nuts, and raisins on top of the rice.
7. Add the quartered lime and eggs around the dish.

**Serve:** Hot.

**Pre-Cooking Option:** Cook rice and goat in advance.

**Note:** Whole aromatic spices are not eaten.