

## Azad's Biryani

### Ingredients:

- 1 lb. potatoes cut into ¼-inch cubes
- ½ c. blanched almonds
- 2 lb. chicken, cut into pieces and skin removed
- Salad oil (canola, sunflower, corn)
- 3 c. basmati rice
- Water
- ½ c. wheat noodles
- ½ to 1 tsp. allspice or Biryani spice if available



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### Directions:

- Fry potatoes in lightly oiled skillet until tender. Set aside. Fry almonds in lightly oiled skillet until slightly brown. Set aside. Add a little oil to the skillet and fry chicken until done. Set aside. Place rice in pot and cover with water. Bring to a boil and remove from heat. Drain rice. Coat another pot with oil and place on medium heat. Add wheat noodles and cook until they change color. Add rice, salt to taste and allspice or Biryani spice. Stir for one minute. Add 2½ c. boiling water. Turn heat to high and cover.

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Turn to medium low when water is absorbed. Cook about five minutes longer or until done. Mix potatoes, almonds, chicken and rice in large casserole dish. Serve immediately.

*Makes 10 servings. Per serving: 320 calories, 9 grams (g) fat, 26 g protein, 32 g carbohydrate and 85 mg sodium.*

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