

# Chicken Biryani

*I adapted this lovely and simple Indian rice casserole from "Indian Regional Classics" (Ten Speed Press; 2001; 198 pages), by Julie Sahni.*

## INGREDIENTS:

- 2 pounds boneless, skinless chicken breasts
- ¼ cup vegetable oil
- 2 medium onions, finely chopped
- 2 teaspoons minced garlic
- 4 teaspoons garam masala or 2 tablespoons ground coriander
- 1 14-ounce can coconut milk
- ½ cup chicken stock, milk or water
- Kosher salt, to taste
- ¼ cup mango chutney, finely diced
- 5 cups cooked basmati rice
- ½ cup raisins
- ¼ cup toasted sliced almonds, for garnish

**INSTRUCTIONS:** Move the oven rack to the middle of the oven, and preheat the oven to 350°.

Cut the chicken into 1-inch-wide strips. Cut each strip into ½-inch pieces and set aside.

Heat the oil in a large, heavy nonstick sautépan over medium-high heat. Add the onions and garlic. Add the garam masala. Cook until the onion begins to color, about 5 minutes. Add the chicken and continue to cook until it loses its pink color, about 4 minutes.

Stir in the coconut milk, stock and salt and bring the sauce to a boil. Decrease the heat and simmer, covered, until the chicken is tender and the sauce is reduced and thick, about 15 minutes. If the sauce is too thin, increase the heat and boil it, uncovered, for a few more minutes. Stir in the chutney, then scrape into a large bowl, and carefully fold in the rice and raisins. Season to taste with salt. Place in a 9 x 13-inch glass baking dish, and cover tightly with foil.

Cook for 30 minutes or until bubbling hot. Garnish with the almonds and serve.

Serves 6-8

**PER SERVING:** 815 calories, 39 g protein, 114 g carbohydrate, 23 g fat (11 g saturated), 66 mg cholesterol, 369 mg sodium, 5 g fiber.