

## **One Pot Assyrian Chicken Biryani**

**Serves 5-6      Prep time – 40 min      Cook Time – 45 to 60 min**

### **Spices:**

Salt or to taste

Pepper to taste

2tbs 7 Spice/Baharat

1tbs Garam Masala depending on taste

1 Tsp Turmeric

1 Tsp Cayenne

(\*7 Spice or Baharat and Garam Masala can be found in your local Mid East grocer or where ever specialty/global products are found such as World Market, Amazon, Whole Foods, Etc.)

### **Ingredients:**

2-3 Tbs Olive oil

5-6 Bone-in Skin-on Chicken Thighs (organic is best) – patted dry

2 Cups Basmati Rice, rinsed until clear and set to soak for 30 min (direct source is best)

1 Medium Onion - Diced

2 cloves garlic - crushed

1.5 - 2 Cups Fingerling Potatoes -diced medium

2 Cups Organic Chicken Broth (unsalted)

3/4 to 1 Cup water

3/4 Cup diced or cut carrots

3/4 Cup frozen Peas

### **Garnish:**

Toasted sliced almonds or pine nuts

Lightly toasted dried Cranberries, Raisins, Sultanas or barberries

Chopped Cilantro

Chopped Parsley

**Method:**

Preheat oven to 350F/177C

Step 1: generously season chicken with salt, pepper and lightly season with all the biryani spices. In a heavy braising pot heat 1tbs oil on medium-high heat until hot but not smoking. Sear Chicken in batches, skin side down for 4-6 min or until medium golden. Flip chicken and sear another 2-3 min. Remove chicken and place in a shallow bowl, reserving the juices.

Step 2: Add 1tbs oil if necessary. Fry potatoes until golden and cooked through. Remove onto a paper towel lined plate and lightly season with salt. Discard excess oil, reserving about 1 Tbs of oil and add a fresh tbs of olive oil. Add onions and carrots, cooking 2-3 min until onions are translucent and carrots are beginning to soften. Add garlic and cook 1-2 min until it is fragrant. Add rice and toast 3-5 min. Add salt to taste, all the spices, and mix until rice is thoroughly incorporated in with the spices, the spices become fragrant and the rice has a deep golden-brown caramel color.

Step 3: Add broth and bring to a rapid simmer. Add chicken back in, nestling gently onto the top of the rice. Add water - IMPORTANT - add just enough water to cover the bottom third of the chicken (about 1/3 to 3/4 of a Cup). Cover with lid or wrap with foil and Bake 35-40 min until chicken is cooked through and reaches an internal temperature of 165F

Step 4: Carefully remove the pot from oven, uncover and remove chicken. Gently fluff/mix rice with a large fork to incorporate all the flavors and spices. Add potatoes and peas. Lightly season with salt. Gently mix again. Bake uncovered for an additional 10-15 min or until rice has completely absorbed liquid and it is fluffy and light.

Serve garnished with sliced almonds and cranberries, chopped parsley and cilantro.

**VEGETARIAN/VEGAN OPTION:**

Use 2 and 1/4 cups vegetable broth and skip the water. Bake for 30 min, remove, add veggies, mix and bake, uncovered, an additional 10 min or until all liquid is absorbed and rice is fully cooked

(OPTIONAL Vegetarian Protein - Top/garnish with hard boiled egg or tofu for vegan option)

**Fast Food Version:**

Bake Diced potatoes according to directions

In a large non-stick skillet, cook onion, carrots and garlic, add pre-packaged cooked rice. Fry in a pan, add salt and spices and cook until spices are fragrant. Add potatoes and peas. Garnish with Nuts and Raisins/Cranberries and top with sliced hard boiled eggs, Parsley and Cilantro.