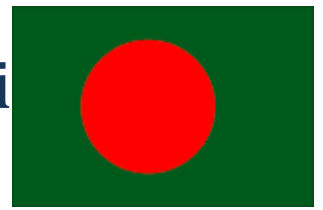


International Flavor Series-Bangladeshi Chicken Biryani Family Recipe



Part of the international flavor series, this recipe, adapted from an authentic family recipe, was prepared and offered to students throughout several schools in Cambridge. The recipe was presented to the district through community outreach and collaboration with the Cambridge Public Health Department, and the Community Engagement Team, Department of Human Services. The International Flavors Series was created in order to bring an authentic international recipe, reflecting the diversity of Cambridge students and families, into the school menu.

INGREDIENTS:

Oil, Vegetable	2 Tbsp
Spanish Onions, Peeled, Diced	½ cup
Garlic, Chopped	2 cloves
Ginger, Fresh, fine dice	1 Tbsp
Salt, Kosher	½ tsp
* Biryani Spice Mix	1 Tbsp
Tomatoes, Canned, Crushed	2 cups
Potatoes, ¾ inch cubes, cooked	2 cups (about 2 potatoes)
Yogurt, plain, non-fat	6oz
Chicken, Cooked and Diced	1 pound
Rice, Brown, Cooked (optional)	2 ½ cups

**Blend the following spices together to create the Biryani Spice Mix:*

½ tsp- Chili Powder
½ tsp- Black Pepper
1 tsp- Tumeric
½ tsp- Cardamom
1 tsp- Salt

This recipe makes 4 servings.

PREPARATION METHODS:

1. In a large skillet or medium sized pot warm the vegetable oil over medium high heat.
2. Add the onions and ginger to the pan and cook until the onions are translucent.
3. Once the onions are translucent add the garlic and the salt and cook for 1 minute.
4. Stir in the Biryani spice mix and continue to cook for another 2 minutes.
5. Once incorporated add the crushed tomatoes and bring to a boil.
6. Once a boil is reached reduce the heat to a simmer and let cook for about 5-10 minutes.
7. Next stir in the chicken and yogurt and let simmer on very low heat for another 10 minutes.
8. Stir in the cooked potatoes and cook 5 minutes, stir gently to prevent the potatoes from breaking down.
9. Serve over rice.

