

Victoria University Of Bangladesh

Course title ~ HM 509

Bachelor of Tourism & Hotel Management

Submitted By ~ Commercial Cookery

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1.

Biryani rice is boiled first and then layered with meat, fried onions, stew etc.

Meat and rice cooked separately and then assembled together before dum. (I will explain 'Dum' later in the post.)

Biryani has white and yellow rice grains.

Some onions and korma gravy are also visible.

Soaked rice is directly added to a pulao pot along with cooked meat, gravy, water and everything cooks together.

Pulao rice grains are all of the same color. The color depends on spices and ingredients used.

BEST BIRYANI SECRET TIPS, NEVER TOLD BEFORE

1. RICE TO MEAT RATIO

Having a general ratio of meat to rice before hand will keep you in pro position. You'll never face that meatless only rice stage of biryani pot when biriyani is about to be consumed completely.

Sometimes, you have so much meat but everyone's asking for juicy biryani rice .

GOLDEN RATIO

For rice measurement the simple rule is to take equal quantity of meat and rice by weight i.e 1:1 ratio. That means 1 kg meat (chicken, lamb or beef) for 1 Kg rice.

FOR MEAT LOVERS BIRYANI

If you love meat then take 3 parts of meat and 2 parts of rice, i.e for 750 grams of meat, you'll take 500 grams of rice.

2. QUALITY OF RICE

Rice is the main ingredient so quality of rice is very important, use basmati or other good quality long grain rice.

A good Biryani should have separate but fully cooked long rice grains. Type of rice is also significant, use basmati rice or sella basmati rice. Brown rice is good for pulao or khichdi but not Biryani. Actually, basmati rice absorbs a lot of water. So when you boil rice in spiced water. Basmati rice grains absorb flavor and aroma adequately.

3. SOAKING RICE

Soaking raw rice before boiling let's the rice puff up completely. Basmati rice requires a minimum of 20 minutes soaking while sella rice requires about 45 minutes soaking time. Always check the pack for cooking instructions.

4. SALT

Salt is most important taste enhancer in any food. If your rice lacks in salt, biryani will lack completely in flavor. To know whether

the salt is enough in water for boiling rice, taste the water, it should have a soupy salt level.

Salt is most crucial in the flavor of every food. Make sure you use salt in all steps; marination of meat, making gravy and frying potatoes. But that doesn't mean you over do.

5. THICK BOTTOMED AND WIDE SKILLET

Always use a wide and thick bottomed pot for Biryani. You can also put rice pot on griddle/tawa if your skillet has a thin base; to save rice that is at the bottom of the pot from burning. Keep the griddle/tawa under the skillet for reheating biryani too. Always reheat biryani on medium or low flame.

6. COOKING TIME:

For perfect biryani look every grain of rice should be separate. The overcooked meshy rice is nightmare for any biryani lover. Make sure rice are semi cooked about 70% cooked. After soaking, boil Basmati rice for 10 minutes or less. Always check for visual signs.

One tip to test doness of rice is to mesh a grain of boiling rice between thumb and finger to check doness. You should have two tiny 'Kani' bits of unmeshed rice left. That is called '2 Kani chawal', and considered ideal for biryani. Rest of rice cooking happens in Biryani pot where rice absorb flavours of meat and spices.

Cooking time can vary upon type of rice so checking the pack for instruction is best way to know.

7. SPICED WATER FOR COOKING RICE

Biryani rice is flavored with spices and is full of aroma. This is attained by boiling rice with whole spices and salt in a large pot with plenty of water.

Best way to do this is to boil water with salt and whole spices like cumin, cardamoms, pepper, bay leaf etc. Stir well till you see a little change in color of water. Then add soaked rice and cook for 10 minutes or less until the rice is 70% cooked or reaches the '2 Kani' stage.

If you are new to Indian cooking you'll like the next few tips. Whole spices like pepper, bay leaves, cardamom are for aroma only, they release their juices and flavors in rice. Do not bite them. Just put aside like you do with bones.

8. MAKE AHEAD BIRYANI KORMA

You can make korma gravy or Biryani a few hours ahead or even a day ahead. In that case the fried onions will puff up and soak in water , so add ¼ cup extra water or more if the gravy is too dry. Korma gravy should have thick juicy gravy. It shouldn't be dry.

9. BHUNNOFYING

There are different types of Biryani. Some Biryani call for making a rich korma gravy. A delicious korma is one which is 'Bhunna' well. Some Biryani like Degi Biryani call for frying meat with spices until color changes to golden. This is also 'Bhunna' or 'bhunofying'.

Horrifying means cooking on high flame till most water dries and oil clearly separates on the sides of the pot. This step is most crucial throughout Pakistani cuisine. If you Bhunofy it correctly, it will be finger linking good. Only problem for bhonofying is you need to add a bit of extra oil so the gravy or korma doesn't burn.

Dum (steaming) | how to Dum Biryani on gas

Steaming is the most important step of biryani making. When you assemble meat and rice with other ingredients in a biryani pot.

The rice that is undercooked absorbs the gravy moisture. As the pot gets heated the moisture from gravy rises and forms steam.

This steam needs to be trapped in the pot so rice puffs up in this aroma filled steam. This is called the 'Dum' technique of biryani.

To achieve this you seal the pot in one of these ways.

11. HOW TO FIX HARD AND DRY BIRYANI RICE.

Now, we all have bad cooking days when you have under boiled or over boiled rice below is the tips how to handle.

Hard rice

If your rice are very hard which mean they are under cooked when assembling the Biryani pot, you can add extra water in dum to soften but remember the gravy also has some water.

Soft rice

If your rice turns a bit softer or over cooked. Dry out your Biryani gravy also called korma a bit and add little or no water in Dum (Steaming). Also don't leave Biryani for very long on Dum.

12. LACK OF SPICES

Home » Cooking Tips » 16 Best Biryani Secret Tips Revealed

DEC 27, 2018 · MODIFIED: AUG 1, 2022 BY MARIAM
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87 COMMENTS

16 BEST BIRYANI SECRET TIPS REVEALED

9.7K

SHARES

I'm leaking all my best Biryani secrets tips that I've learned from friends, and people around me. Please give me a thumps up in comment if it helps.

Biryani is a feast and making it perfect is all about practice. These tips will help you know where to start and which areas to work on to get that perfect Biryani rice.

WHAT IS BIRYANI?

Pakistani Chicken Biryani Recipe

It is South Asian rice dish, made with layers of aromatic rice, meat, fried onions and yogurt and/or tomato. Ghee or oil is drizzled from topped and then the Biryani pot is sealed for steaming or 'Dum'.

TYPES OF BIRYANI

Biryani is so popular in South Asian communities that every region and every family have their own version.

Biryani needs a type of meat or main ingredient like chicken, mutton, lamb, beef, vegetable, fish , prawn, shrimps, meat balls (kofta), bone marrow (nalli) and more. Many Biryani are named after the main meat or vegetable used. Like mutton Biryani, Beef Biryani , fish Biryani, nalli Biryani etc.

Some Biryani are named after region in which it is developed like Sindhi Biryani, Bombay Biryani or Hyderabadi Biryani.

Few Biryani are named after spice blends used like Tikka biryani, Tandoori Biryani.

Other Biryani are named after techniques used to make like Dum Biryani (steaming), Potli biryani (spice bag).

My city 'Karachi' is famous for its Biryani throughout the world. Biryani is served here in almost every occasion. In fact, for most families Biryani is fixed on Friday Menu or at least Sunday. I can't think of living without Biryani for more than 10 days. So that's how dear Biryani is for Karachiites and me.

DIFFERENCE IN PULAO AND BIRYANI

Bohri Biryani recipe

Biryani rice are boiled first and then layered with meat, fried onions, stew etc.

Meat and rice cooked separately and then assembled together before dum. (I will explain 'Dum' later in the post.)

Biryani has white and yellow rice grains.

Some onions and korma gravy is also visible.

Pulao is completely different thing.

Soaked rice are directly added to pulao pot along with cooked meat, gravy, water and everything cooks together.

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If you are new to Indian cooking you'll like next few tips. Whole spices like pepper, bay leaves, cardamom are for aroma only, they release their juices and flavors in rice. Do not bite them. Just put aside like you do with bones.

If you don't like whole spices in rice, you can also wrap these spices in a muslin cloth to form a spice bag. Just remove spice bag before serving.

8. MAKE AHEAD BIRYANI KORMA

You can make korma gravy of Biryani a few hour ahead or even a day ahead. In that case the fried onions will puff up and soak water so add $\frac{1}{4}$ cup extra water or more if gravy is too dry. Korma gravy should have thick juicy gravy. It shouldn't be dry.

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well. Some Biryani like Degi Biryani call for frying meat with spices until color changes to golden. This is also 'Bhunnai or 'bhonofying'.

Bhonofying means cooking on high flame till most water dries and oil clearly separate on sides of pot. This step is most crucial through out Pakistani cuisine. If you Bhunofy it correctly, it will be finger linking good. Only problem for bhonofying is you need to add a bit extra oil so it gravy or korma doesn't burn.

Dum (steaming) | how to Dum Biryani on gas

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For this either use a tight lid and put some weight on top (easy and practical method)

Cover pot with aluminium foil and then place lid (commercially used method)

Or seal the edge of pot with roti dough (traditionally used method)

The biggest secret is dum right before serving. Fresh biryani right after dum tastes best, just like freshly baked cookies, you can't resist over eating.

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12. LACK OF SPICES

If you don't have one or two spices like bay leaves and black cardamom, it's ok. You can skip them. And use garam masala powder or chat masala or just extra green chillies. Although, some spices like black cumin and saffron really change the aroma and taste of biryani. But, if you have just a few basic spices, like

cumin, turmeric, pepper and cinnamon etc you can begin Indian cooking with these.

13. FRIED ONIONS

Neither dark nor soggy; since, we use tons of fried onion in Biryani, if your onion slices are over cooked, dark or burnt your Biryani will taste burnt and will have dark stale color. If onion slices are under cooked and not golden, they will not be delicious. One visual sign is as soon as your onion slices start to separate clearly in oil with light golden color, they are ready.

Some recipes call for adding spices directly in fried onions without cooling or crushing it so follow the recipe instructions.

If directed in the recipe, lift them with a slotted spoon and dry over the kitchen towel. Do not crowd them, spread a thin layer of onion slices and let it get cool and crispy. You'll get your perfect onions.

Another useful and general tip for frying crispy onions is that onion slices should be very thin. Deep fry onion slices in a large pan or wok over medium flame. Add $\frac{1}{4}$ teaspoon or less salt in oil. Always fry onion slices in small batches.

After onions slices start to separate like in the above photo. Pick them with a slotted spoon and transfer over a strainer.

Shake the strainer to cool onion slices and shed any remaining oil lingering over it. Transfer slices over kitchen towels to cool completely.

Now use as required in a recipe. They'll be crispy and you can crush them with your hands. You can store these in an airtight

container for later use. Fried onions make great garnishing over almost any Indian dish.

14. AMOUNT OF OIL

The oil, I use in my recipes is least possible with authentic flavors but real biryani calls for even more oil or ghee. So be generous in oil when making Biryani. When traditional mutton biryani is cooked, fat pieces (riwaj) are also added with meat for meaty flavors and greasy moisture. This is 'degi' or 'Dhaba' Biryani secret tip.

15. SERVING ESTIMATION.

Another important thing about Biryani is estimation. As Biryani is often made for 'dawat' or formal dinner, having a correct estimation of meat to rice is critical.

Or how many kilograms of Biryani for a certain number of people can really help overcome the shortage of food that is so embarrassing. Or wastage of food which is so difficult to distribute or dump in the worst case.

Biryani made with 500 grams of raw rice is enough for 6 average person, if it's a single course meal.

And 500 grams of rice biryani is enough for 8 people, if it's a three course meal, 1 dessert, 1 savory dish with roti and 1 rice main course.

But these estimate need to be adjusted if all invited are youngster with large appetite or oldies with small appetite.

One very old and traditional method of measuring rice for serving is a fist raw rice for each person. 1 and half fist of raw rice for people with a large appetite and ½ fist for children. You measure rice according to the invitee and soak rice. This seems like a crazy way to calculate and quite a secret way used by grannies but works very well.

If using the above method, most of the calculation of meat, onion and potato and other ingredients are done with visual estimation. These advanced cooks only follow the method of a recipe and don't care about measures. But this is an advanced cooking level, not recommended for newbies.

2.

Put a Pizza on the Grill. 1/20. The grill's intense heat is a lot like a restaurant pizza oven. ...

Skewered Fish. 2/20. ...

Grill-Worthy Veggies. 3/20. ...

Grill Fruit for a Delicious Dessert. 4/20. ...

Kebabs for Kids. 5/20. ...

Better Burgers. 6/20. ...

Fish That Can Take the Heat. 7/20. ...

Slimmed-Down Dogs. 8/20.

3.

broiling, cooking by exposing food to direct radiant heat, either on a grill over live coals or below a gas burner or electric coil. Broiling differs from roasting and baking in that the food is turned during the process so as to cook one side at a time. Temperatures are higher for broiling than for roasting; the broil indicator of a household range is typically set around 550 °F (288 °C), whereas larger commercial appliances broil between 700 and 1,000 °F (371 and 538 °C).

Fish fowl, and most red meats are suitable for broiling. Steaks, popularly broiled over coals, can also be broiled in skillets or in the oven set on a seasoned wooden plank. In preparation of the entrée known as the London broil, or London mixed grill, flank steaks and other meats are garnished with vinegar, oil, and minced garlic before being placed on a rack and oven-broiled.

4.

Roasting is a cooking method that uses dry heat where hot air covers the food, cooking it evenly on all sides with temperatures of at least 150 °C (300 °F) from an open flame, oven, or other heat source. Roasting can enhance the flavor through caramelization and Maillard browning on the surface of the food.

5.

Ice Cream The birthplace of ice cream isn't certain, but food historians generally credit it to the Chinese and the flavored ices they enjoyed as far back as 3000 B.C.E. Marco Polo is believed to be the man responsible for bringing the idea to Italy, where the modern ice cream we enjoy today was born in the 17th century.

The first ice cream recipe in the United States is thought to be from the 1792 cookbook "The New Art of Cookery, According to the Present Practice."

6.

Baked goods are foods made from dough or batter and cooked by baking, a method of cooking food that uses prolonged dry heat, normally in an oven, but also in hot ashes, or on hot stones. The most common baked item is bread but many other types of foods are baked as well.