

Culinary delights  
with  
**PALM OIL**

**Briyani lamb with basmati rice**



**INGREDIENTS**



100 g palm oil

150 g ghee

2 nos cinnamon sticks

3 springs curry leaves

300g onion slices

5 nos tomato, cut into wedges

6 cloves garlic, minced

6 nos chili padi

2 nos middle-eastern dried

lime, black lime

2 tbsp coriander powder

1 tbsp turmeric powder

1 tbsp briyani spice

1 tbsp cardamom powder

1 tbsp clove powder

250 g plain yoghurt

5 tbsp tomato paste

500 g lamb, cut into pieces

2 kg water

2 tsp salt

1 tsp concentrated chicken  
stock

1 tbsp black pepper, crushed,  
thinly sliced

**METHOD**



In a large pot, heat palm oil and ghee together with cinnamon sticks. Add curry leaves and onion slices, then sauté together until brown and fragrant. Add in tomato wedges, minced garlic, chili padi and dried limes and continue to saute for a minute or so. Add in all the powdered spices, as well as the briyani spice, then pour in a bit of water to avoid scorching. Stir well to combine before adding in yoghurt and tomato paste.



## Biryani lamb with basmati rice

### INGREDIENTS



#### FOR BASMATI RICE

250 g basmati rice, soaked in water for ½ hour

200 g cream

125 g water

5 g cumin powder

3 g saffron

½ tsp salt

2 tsp turmeric, ground

### METHOD



Add in lamb cuts and water, than bring to boil. Set the heat to low, then continue to cook for 20 minutes, or until the meat is tender. Season with concentrated chicken stock and pepper and serve hot.

#### To make basmati rice.

Drain the soaked Basmati rice, then place in the rice cooker pot. Pour in cream and water, then stir before adding cumin powder saffron, and salt. Sprinkle ground turmeric over the mixture. Cook until soft and fluffy.

#### Palm oil facts:

Palm oil, in particular red palm oil contains natural beta-carotene which gives its red-or-ange colour. Beta-carotene is a precursor of vitamin A and it is an essential nutrient for good eyesight.