

Cauliflower & Fava Bean Biryani

with Basmati Rice

Biryani is the name of a special, Persian rice dish that became a favorite among Mughal emperors in the 16th Century. In its most elaborate forms, this meal was garnished with pure gold or silver leaf. Two essential ingredients in a biryani are long-grain basmati rice for texture and ghee (a kind of clarified butter) for a rich, savory finish. And though we can't include the gold leaf, we think this traditional recipe is exquisite all the same.



Ingredients

- 4 Cloves Garlic
- 4 Green Cardamom Pods
- 1 Bunch Cilantro
- 1 Lemon
- 1 Yellow Onion
- ½ Head Cauliflower
- ½ Pound Fresh Fava Beans
- 1 Cup Basmati Rice
- ½ Cup Sliced Almonds
- ⅓ Cup Greek Yogurt
- 2 Tablespoons Ghee
- 1 Tablespoon All-Purpose Flour
- 3 Tablespoons Vegetable Demi-Glace
- 2 Teaspoons Biryani Spice Blend
(Cumin, Chili Powder, Turmeric & Cinnamon)

Makes 2 Servings

About 560 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and thinly slice the garlic and onion. Crack open each cardamom pod by laying the broad side of your knife on top of it and hitting it with the heel of your hand. Pick the cilantro leaves off the stems; discard the stems. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Cut out and discard the core of the cauliflower; roughly chop the cauliflower. Shell the fava beans.



Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, cover, reduce the heat to low, and simmer 18 to 22 minutes, or until the liquid is absorbed. Remove from heat and fluff the finished rice with a fork. Set aside in a warm place while you continue cooking.



Cook & peel the fava beans:

Once the medium pot of water is boiling, add the **shelled fava beans** and cook 30 seconds to 1 minute, or until bright green. Drain thoroughly and place the beans in a bowl of ice water for 30 seconds to 1 minute to stop the cooking process. Once cool enough to handle, break off the tip of each fava bean and squeeze the bean out of the outer skin; discard the skins. Set the prepared beans aside. Wipe out the pot.



Toast the almonds & make the lemon yogurt:

Heat the pot used to cook the fava beans on medium-high until hot. Add the **almonds** and toast, stirring frequently, 2 to 4 minutes, or until slightly browned and fragrant. Transfer the almonds to a small bowl and wipe out the pot. In a separate, small bowl, combine the **yogurt** and the **juice of 2 lemon wedges**; season with salt and pepper to taste. Set the toasted almonds and yogurt aside as you continue cooking.



Toast the spices & aromatics:

In the same pot, heat the **ghee** on medium until melted. Add the **biryani spice blend**, **flour** and **cardamom pods** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant and toasted. Add the **onion** and **garlic** and season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the onions are translucent and soft.



Cook the vegetables:

To the same pot, add the **cauliflower**. Season with salt and pepper and cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined. Stir in the **lemon zest**, **vegetable demi-glace** and **1½ cups of water**; season with salt and pepper. Simmer, stirring occasionally, 10 to 12 minutes, or until the cauliflower is tender. Remove from heat and stir in the **fava beans**. To plate your dish, divide the **rice** between 2 bowls and top with the **vegetable mixture**. Garnish with the **lemon yogurt**, **toasted almonds**, **cilantro** and **remaining lemon wedges**. Enjoy!