

Shrimp & Saffron Biryani

(BBC Food) Nadiya Hussain

Serves 4

- 500 g basmati rice
- Large pinch saffron
- 1 small cinnamon stick
- 2 tsp salt

Sauce:

- 80 g unsalted butter
- 5 garlic cloves, finely chopped
- 2 medium onions, finely chopped
- 2 tsp salt
- ½ lemon
- 2 large red chilies, quartered
- ½ tsp ground turmeric
- 1 tsp Indian five-spice (*panch phoran*)
- Large handful fresh parsley, roughly chopped
- 350g raw king prawns/shrimp, peeled
- 5 T olive oil



1. Put the **rice**, **saffron**, **cinnamon** and **salt** into a large saucepan with 1½ liters of cold water. Place over a high heat, bring to the boil and **cook for 8 minutes**, stirring occasionally to stop the rice sticking to the base. Drain through a sieve and set aside.

Sauce:

2. Put the same saucepan back on the stove and turn the heat up to high.
3. Add the **butter**, then, as soon as the butter is hot, add the **garlic** and let it brown for **about 4–5 minutes**.
4. Add the **onions** and **salt** and cook until the onions are soft – this can take **15 minutes**.
5. Squeeze in the **juice** of the half lemon, then cut the **lemon rind** into thin slices and add to the pan.
6. Add the **chilies**, **turmeric** and **five-spice**, and **stir for 5 minutes** to cook the spices.
7. Take off the heat and add the **parsley** and b. Stir well, so the prawns are coated. The prawns don't need cooking in the sauce – they will steam and cook in the biryani. Otherwise, they run the risk of becoming dry and rubbery.
8. Take a large pan, something you would be happy to serve up in, and pour the **oil** into the base. Swirl it around so that some of the oil goes up the sides.
9. Pop in half of the **rice** and spread it evenly across the bottom of the pan. Put all the **prawn mixture** on top of the rice.
10. Put the rest of the rice on top of the prawns. Put the lid on firmly and place on a **high heat for 5 minutes**, then turn the heat down completely. Leave to **cook for 20 minutes**, then serve.

Indian five-spice (*panch phoran*) is made up of **cumin seeds**, **brown mustard seeds**, **fennel seeds**, **fenugreek** and **nigella seeds**; if you can't find it as a spice mixture, you can buy the spices separately in equal amounts, mix them together and store in a jar.