

# Rice Biryani

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Biryani is an Ayurvedic comfort food. Perfect for Autumn and for Vata, it balances the six tastes while leaning into sweet. Originally a Persian dish, gently tossing the rice with a handful of torn mint leaves before serving keeps with tradition and brings the dish to life. In Winter, basil is a good alternative to mint.

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## **SERVES 4**

Prep time: 5 minutes,  
plus 30 minutes to soak

Cook time: 25 minutes

1 cup basmati rice

4 tablespoons Ghee  
(page 58), plus 1 teaspoon

1 tablespoon Seasonal Spice  
Blend (pages 60–63)

2 cups boiling water

4 small carrots, halved  
lengthwise and cut into  
half moons

2 cups finely chopped  
green beans

½ cup raisins

½ cup cashew pieces

- 1.** Soak the rice for 30 minutes in water. Rinse the rice and set it aside to drain.
- 2.** Melt 4 tablespoons of ghee in a medium pot over medium heat. Add the spice blend and sauté for 1 minute, swirling the pot to combine.
- 3.** Stir in the rice and cook another 2 to 3 minutes, until the ghee is absorbed by the rice.
- 4.** Pour in the water. Cover and bring to a boil, then reduce the heat to low and simmer for 10 minutes.
- 5.** Add the carrots and green beans, and cook for 10 minutes, or until the rice is tender.
- 6.** In a small pan, sauté the raisins and cashews in the remaining 1 teaspoon of ghee until the raisins plump and the cashews are golden.
- 7.** Fluff the rice with a fork. Stir the sautéed raisins and cashews into the pot, and serve warm.

➔ **Cooking tip** Biryani is a good base for any seasonal vegetables. In addition to carrots and green beans, you can add fresh peas, spinach, chard, kale, celery, zucchini, broccoli, or cauliflower. Toast coconut flakes with the cashews for a tropical sweet crunch.

🌸 **Season** Autumn, Winter. For Summer, omit the cashews and use seasonal vegetables.

🌿 **Dosha** With the Autumn Spice Blend (page 62), this is ideal for Vata. For Pitta, use the Summer Spice Blend (page 61) and substitute pumpkin seeds for the cashews. For Kapha, eliminate the cashews and use the Spring Spice Blend (page 60) with a hearty shake of ground ginger or clove, or freshly ground black pepper.