

DESHI MIX

SALINA PARVIN



Delightful barbeque on chilly evening

Smoky flavour, burnt texture, charred finish, scorched surface, yet soft insides. Either grilled in large earthen oven, an open fire or on a special appliance – all these are known as barbecue.

This itself is a very old method of cooking food, perhaps the most primitive method since humankind invented fire. The meaning of barbecue varies from country to country, but the true one lies in America, where it is mostly known as 'outdoor cooking'.

Late winter afternoon is the best time for barbecue, which is mainly prepared with beef, having no distant relationship with vegetables. But nowadays chicken has also taken its place. And as cooking is an art and has no boundaries, people don't hesitate using vegetables.

Here are some simple homemade barbecue recipes. I have given my twist to add a traditional touch to it. These can also be made in normal electric ovens for those who don't have special barbecue appliances.

LIVER BOTI KEBAB

Boti translates to cubed/diced meat. Boti kebabs are tender and moist, mostly made by threading into skewers. It is usually made with any sort of boneless meat, but I have tried making in with liver. And trust me, it tastes heavenly!

Ingredients

500g liver (either beef or mutton)
1 tbsp ginger paste
½ tsp garlic paste
1 tsp red chilli powder
½ tsp turmeric powder
1 tsp papaya paste
½ tsp kebab masala



½ tsp coriander powder
½ tsp cumin powder
3 tbsp mustard oil
Salt to taste

Method

Cut the liver into cubes/dices, not more than 1-inch. Combine all ingredients with the liver. Toss well coating with the marinade properly. Cover and rest them for 3-4 hours or let refrigerate overnight. Heat the grill to



medium. Thread the liver into skewer and cook for about 15 minutes or until cooked, spreading the leftover marinade occasionally.

BBQ MUTTON RIBS**Ingredients**

500g mutton ribs
2 tbsp papaya paste
1 tbsp red chilli powder
½ tsp turmeric powder
2 tbsp BBQ masala
1 tsp all-spice powder
½ tsp crushed black pepper
2 tbsp lemon juice
2 tbsp ginger garlic paste
4-5 tsp oil



Salt to taste

Method

In a large bowl, mix all the ingredients, except the mutton ribs. Make a thick paste. Put it on the ribs and mix well. Cover and keep aside for 3-4 hours. Heat your grill to high. Place the ribs on the grill and cook until tender, golden brown and slightly charred, 7-8 minutes. Turn the ribs over and continue to grill 5-6 minutes for medium-rare (an internal

temperature of 135 degrees F). When done, transfer to a plate and serve hot.

GRILLED BEEF STEAKS**Ingredients**

4 rib-eye steaks
½ cup oil
6 tbsp soy sauce
1 tbsp garlic, minced
1 onion, chopped
2 tbsp salt
1 tbsp pepper
1 tbsp crushed dried rosemary
3 tbsp steak sauce

Method

Combine oil, soy sauce, garlic, onion, pepper, salt, rosemary, and steak sauce in a food processor. Process until well blended. Prick steaks on both sides with a fork, and place in a shallow container with a lid. Pour marinade over steaks, cover and refrigerate at least 3 hours or overnight. Preheat an outdoor grill for medium heat. Remove steaks from marinade, and discard the marinade. Lightly oil the grilling surface, and place steaks on the grill. Cover, and grill the steaks for about 10 minutes on each side, or to your desired degree of doneness.

CHICKEN TANDOORI

Chicken tandoori is mainly a Mughal dish that is characterised by its lavishness. In the sixteenth century, Mughals came to India from Central Asia and brought with them a heritage that blended Arab, Turkish, and Persian cultures.

Chicken tandoori is one of those legendary recipes that the Mughals came up with.

Ingredients

1 chicken
1 tbsp ginger paste



1 tsp garlic paste
½ tsp turmeric powder
1 tbsp red chilli powder
1 tsp almond paste
1 tsp kabab masala
¼ cup yoghurt
3 tbsp mustard oil
Salt to taste

Method

Cut chicken into four pieces. In a large bowl mix all the ingredients with the chicken, cover and refrigerate for at least three hours. Preheat the grill. Thread the chicken pieces into the skewers and brush oil over them.

Grill for 15 minutes or until cooked properly. Turn frequently while grilling.

SPICY GRILLED SHRIMP**Ingredients**

500g shrimps, peeled and deveined
1 large clove garlic
1 tsp paprika
½ tsp black pepper powder
2 tbsp lemon juice
Salt to taste

Method

Preheat grill for medium heat. In a small bowl, crush the garlic with the salt. Mix in pepper and paprika, stir in olive oil and lemon juice to form a paste. In a large bowl, toss shrimp with garlic paste until evenly coated. Lightly oil the grilling grate. Cook shrimp for 2-3 minutes per side, or until opaque. Transfer to a serving dish, garnish with lemon wedges and serve.

GRILLED MUSHROOM SKEWERS**Ingredients**

500g mushrooms, sliced ¼-inch thick
2 tbsp vinegar
1 tsp soy sauce
3 cloves garlic, chopped
1 tsp thyme, chopped
1 tsp black pepper powder
Salt to taste

Method

Marinate the mushrooms in the mixture of for 30 minutes. Skewer the mushrooms and grill over medium-high heat until just tender and slightly charred, about 2-3 minutes per side.

Photo: LS Archive/ Sazzad Ibne Sayed