

can easily put the heartiest of cooks off for the day. So we call out to only the brave hearts amongst you: take the plunge!

Ingredients

½ kg lamb liver and lamb heart, finely diced
250g diced lamb meat into small pieces
Small intestines of one cow
2 tbsp tomato paste
½ cup of olive oil
2 medium finely diced tomatoes
4 cups finely chopped fresh parsley
3 cups finely chopped fresh coriander
1 tbsp finely chopped fresh basil or 2 tbsp dried basil
3 cups finely chopped spring onions
1 cup finely chopped fresh mint
2 finely chopped chillies
2 cups of kalojeera rice washed, soaked for 10-15 minutes and drained
1 tbsp each of: dried mint, black pepper, ground ginger, dried red chilli, turmeric, salt
1 tsp of Hararat or Arab all spice: Hararat recipe is below --
2 cinnamon sticks, broken into 4 pieces each
4 tsp cumin seeds
4 tsp coriander seeds
2 tsp dried chillies
1 tsp allspice
Roast all the spices in a pan and grind together.

Preparing the intestines

Clean the intestines with hot water, turning inside out with the back of a wooden spoon and wash the other side thoroughly as well. Marinate in a mixture of lemon juice and salt for about 10-15 minutes. Wash them thoroughly again.

Mix all the rice and spices together ready to be filled in to the intestines. Put a pot of water, enough to cover the intestines once placed within. Add 1 tablespoon tomato paste, pinch of salt, pepper and ground cumin to this water.

Use a filler or a large syringe to fill in the rice and spices mixture to the intestines. In places where you find an obstacle make a cut to pass through. Use a thread and needle to sew any areas you may feel are excessively torn. Take a skewer and make small holes in the now stuffed intestines. Place

these in the lightly boiling water mix and cook them for about 40 minutes or until the skin looks transparent and some rice peeping out looks cooked.

Serving

Cook some of the mixed rice separately and use these as a bed to place the O'sban on top off. Garnish it well and serve with a tomato chutney or a mint-yoghurt raita.

Health focus

Rich in Vitamin B12 and phosphorous, cow

yoghurt are readily available to the pastoral culture of the country. Mansaf is laid out in the dish to be eaten in true Bengali style with your hands, in the same dish, to encourage sharing and spread the love food that binds us all!

Ingredients

1 kg lamb meat cut into 1 inch cubes
¼ cup 'deshi' ghee
1 medium onion, finely chopped
4 cups hung yoghurt



intestines or tripe as it is also known, also offers a substantial amount of low fat protein. Gelatin and glutamine also reduce a syndrome called leaky gut so in fact, the intestines help us keep our own digestive system healthy!

Jordanian Mansaf

Considered by many to be the national dish of Jordan, this dish incorporates the essence of a simple style of eating where its key ingredients, nuts, meat, rice and

4-5 tomatoes peeled
Meat stock 2 cups
1 egg white
½ tsp coriander powder
2 tsp cumin
½ tsp paprika or red chilli powder
½ tsp cardamom
½ tsp cinnamon
½ tsp cloves
1 tsp nutmeg
½ cup blanched almonds

½ cup pine nuts or walnuts
4-6 loaves pita bread
3 cups basmati rice cooked in the meat stock
Parsley or coriander for garnish
2 tbsp olive oil

Method

Boil some tomatoes in water and in this tomato-ey mix, immerse the washed meat cubes and place in refrigerator for 4-8 hours. In a heavy skillet, melt half the ghee and add the dried meat cubes. Cook for 20 minutes until browned on all sides. Season meat with salt and pepper, to taste, and add enough water to cover meat. At reduced heat cover and cook for 1 hour. Add onions and simmer uncovered for 30 minutes.

While meat and onion are cooking, place yoghurt in a large saucepan and whisk over medium heat until liquid. Whisk in egg white and ½ teaspoon of salt. Slowly bring yoghurt mixture to boil stirring constantly with a wooden spoon in one direction until desired consistency is reached. Reduce heat and add the rest of the spices to the yoghurt mix and let it simmer uncovered for about 10 minutes.

Stir yoghurt into meat and simmer it for 15-20 minutes until the spices have been infused. In the remaining ghee, fry almonds and pine nuts.

Rice

Cook the basmati rice in the lamb meat stock. Boil lamb meat with garlic, a pinch of star anise, salt and pepper to prepare the stock. Add 2 tbsp of olive oil while cooking the rice.

Split the pita bread open and arrange, overlapping on a large serving tray. Arrange rice over the bread leaving a well in the centre of the rice. Spoon the meat into the rice well and then spoon the nuts over the meat. Sprinkle parsley or chives over top.

Health focus

Hung yoghurt like all normal yoghurt offers a great source of bacteria that prevent stomach infections and stocked with calcium it is a great way, especially for women, to increase their calcium intake and avoid risk of osteoporosis.

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