

DESHI MIX
BY SALINA PARVIN



Treats for the *blessed* *night*

SHAB-E-BARAT brings with it a mixture of emotions – of piety, sharing and gastronomy. Celebrated with great religious fervour in this part of the world, Shab-e-Barat on mid-Sha'ban is an occasion that brings people together in religious and spiritual harmony.

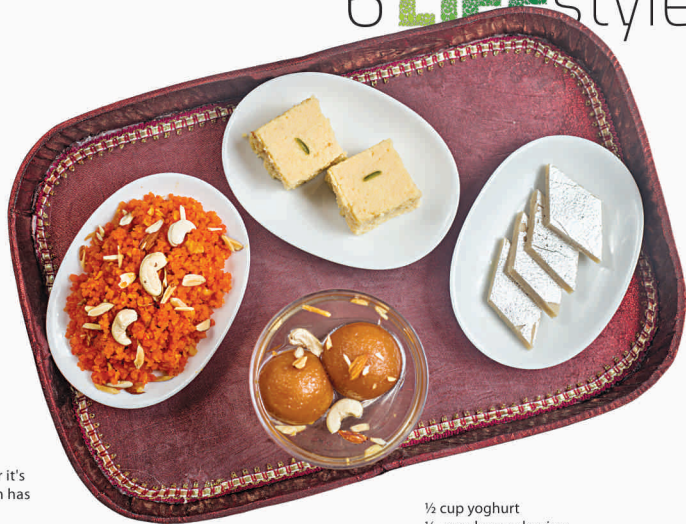
Sharing of food, especially sweetened dishes, with neighbours, family and the next of kins is the hallmark of the evening. Later at night, standing in prayer, devotees seek forgiveness for the year that was and hope that their sins have been erased. Till dawn they remain steadfast in prayer and the recital of the Qur'an hoping that their fate that is to be sealed for another year, is one that is showered upon by the mercy of Allah.

The ritual, as always, is an ever changing one and over the years observance of Shab-e-barat has greatly lost its grandeur. While some have held fast to the tradition of observing the night of mid-Sha'ban, others opt not to celebrate the event.

In some households the tradition is

to share savoury delights, meat-paratha or even biriyani. Whether it's desserts or savouries, the occasion has a rich culinary history. Womenfolk spend busy time making elaborate plans for the day, often taking days to yield results. But the feeling of accomplishment far outweighs the ordeal of the extensive cooking.

Ahead of the observance of Shab-e-Barat, this week, Star Lifestyle brings forth a guide to preparing a delectable assortment of food on the occasion. Whether you are planning to think out of the box or would prefer to stick to tradition, let Star LS guide you through the culinary aspect of Shab-e-Barat.



MUTTON PASANDA

Mutton pasanda is a North-Indian dish, a mild curry made of boneless sirloin from the leg of a goat, with creamy and flavourful aromatic spices. In Hindi 'pasanda' means liking. Now a days, similar ingredients and methods are used to make 'pasanda' from beef, buffalo meat, mutton, lamb or chicken.

Ingredients:

- 1 kg mutton
- ½ cup cream

- ½ cup yoghurt
- ½ cup chopped onion
- ½ tsp chopped garlic
- 1 tbsp chopped ginger
- ½ tsp turmeric powder
- 2 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp garam masala powder
- ½ tsp nutmeg powder
- 1 tsp white pepper powder
- 2 tbsp almond paste
- 8-10 roasted almonds
- 4 tbsp ghee
- Few coriander leaves
- Salt to taste

Method:

Lightly pound mutton cubes with a steak hammer and place them in a bowl. Marinate mutton with yoghurt. Heat ghee in a pan and saute chopped onions, ginger and garlic till it turns

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