

DESHI MIX
BY SALINA PARVIN



Traditional Feasting

MINCED BEEF CHAPPALI KEBABS

The word 'kebab' is derived from an Arabic word 'Cabob' which means 'to burn or char'. Most of the famous kebabs like Galouti, Shami and Kakori originated in the Royal kitchens. Traditionally served in the Mughal courts, today has transformed into a common street food. Kebabs are the perfect party snacks. The smoky, char-grilled aroma and melt-in mouth texture can easily get you hooked. Usually served as an appetiser with chutneys and dips, kebabs are made with minced meat and mild spices. Though lamb is the original meat used in kebabs, this dish has been localised to include beef, goat, chicken and other meat varieties.

Ingredients:

500g mince beef
4 tbsp chickpea flour
1 tbsp coriander powder
½ tsp red chilli flakes
1 tbsp ginger paste
¾ tsp cumin powder
6 tbsp finely chopped onion
4 tbsp fresh coriander, coarsely chopped
6 cherry tomatoes cut into quarters
Vegetable or peanut oil
Salt to taste

Method:

Place the mince beef in a bowl. Put the

chickpea flour in a small frying pan and set over a medium high heat. Stir the flour around until it turns light golden brown and emits a faintly roasted smell. Remove pan from the heat. Allow it to cool down, and then add to the bowl with the beef. Add coriander powder, chilli, cumin seeds, chopped coriander, onion and tomatoes to the beef. Mix well and form mixture into six patties. Now heat oil in a pan. Fry the beef patties for about two minutes, on each side or until the kebabs are cooked. Serve the kebabs hot, with naan bread, sliced onion rings, fresh coriander leaves and a selection of chutneys.

MOROCCAN LAMB KEBAB

Ingredients:

1 kg leg of lamb fillet, cut into 3/4" cubes
1 medium onion, finely chopped
3 tbsp chopped parsley
3 tbsp chopped cilantro
2 tsp paprika
1 tsp cumin
1 tsp pepper
2 tsp salt
1 tbsp oil

Method:

Combine all ingredients in a bowl. Cover with plastic, and leave the lamb to marinate for several hours in the refrigerator. Transfer the meat to skewers and grill or boil on

medium heat about 6-7 minutes on each side, or until the meat is done to your preference. Serve immediately with naan, paratha and salad.

NAAN BREAD

The 'naan' is one of the most popular flat breads served with South Asian food. In particular, accompanying food from the Northern Area of India, Pakistan, Afghanistan, Bangladesh, Iran, Uzbekistan, Tajikistan, and surrounding areas. The naan originated from India but is today eaten in most types of South Asian restaurant and homes around the globe. Naan accompanied by keema or kebab was a popular breakfast food of the royals. It is traditionally cooked in a tandoor, or clay oven. Typically, it's brushed with ghee or butter and served hot.

Ingredients:

250g plain flour
2 tsp sugar
½ tsp salt
½ tsp baking powder
100ml milk
2 tbsp vegetable oil, plus extra for greasing

For the topping -

Poppy seeds or sesame seeds

Chopped garlic and fresh coriander

1 tbsp butter, melted, to serve

Method:

For the dough, mix the flour, sugar, salt and

baking powder into a bowl. In another bowl, mix together milk and oil. Mix all ingredients to make a smooth, soft dough. Knead well for 8-10 minutes, adding a little flour if the dough is too sticky. Place the dough into an oiled bowl, cover and leave in a warm place for 10-15 minutes. Form the dough into five balls. Roll the dough balls out quite thinly, ideally in a teardrop shape, but really this is just aesthetic. Sprinkle over your chosen topping and press into the surface of the dough. Place the naans onto the hot baking sheet and grill for just 2-3 minutes, or until lightly browned. Brush with butter and serve hot.

LACHHA PARATHA

Lachha paratha is a multi layered shallow fried North Indian flat bread. It is a whole white paratha, famous in Punjabi cuisine. Lachha paratha is also called as lachedar paratha. That is traditionally prepared in a tandoor using ghee, but it can also be prepared using oil in a wok.

Ingredients:

2 ½ cup whole wheat flour

1 tsp salt

3 tbsp oil

Warm water for kneading

Oil for shallow frying

Method:

Sieve the flour and salt together in bowl.

