

DESHI MIX
BY SALINA PARVIN



Dipped in marinade

HUNTER BEEF

Hunter beef is a great dish for Eid-ul-Adha; ideal for cool evenings with tea or coffee. A simple meaty dish for meat lovers to enjoy.

Ingredients:

- 2 kg beef (whole piece of undercut)
- ¼ cup lemon juice
- 1 cup white vinegar
- 10 cloves garlic
- 2 tsp crushed black pepper
- 3 tbsp butter
- Salt to taste

Method:

Wash the meat thoroughly and dry with kitchen towel. Make small holes in beef with a small knife, and put a garlic clove in each hole. Put vinegar, salt black pepper and lemon juice in a bowl, mix well. Apply this mixture on beefed cover with plastic sheet. Leave it to marinate overnight. Steam it in the steamer for 30 minutes, and then apply butter and bake in a pre-heated oven for 20 minutes.

Delicious hunter beef is ready to be served.

GARLIC STEAK

Quick and easy to make with few ingredients; great for an on-the-fly marinade. Tangy dressing and sauce are used to accentuate the natural flavour of the cut, while the minced garlic provides a delectable rich flavour.

Ingredients:

- 2 kg beef sirloin steak, at least ¾ inch thick
- 1 bottle salad dressing
- 2 tsp Tabasco sauce

- 2 tbsp minced garlic
- 1 tsp olive oil
- Salt and pepper to taste

Method:

Score the steaks lightly on both sides using a sharp knife. Place in a shallow baking dish. Pour the salad dressing and Tabasco sauce over them, and sprinkle with garlic. Rub the marinade into the steaks. Turn steaks over and repeat on the other side. Marinate in the refrigerator for 2 to 24 hours. Preheat a grill to medium-high heat. Grill steaks for about 10 minutes per side, or to desired doneness. Season it with salt and pepper to taste before serving.

SPICY MUTTON CHOPS

Ingredients:

- ½ kg mutton chops, washed and cleaned (10-12 pieces)
- 1 cup beaten plain low fat yoghurt
- 4 green chillies, finely chopped
- 2 tsp coriander powder

- ½ tsp turmeric powder
- ½ tsp ginger-garlic paste
- 1 tsp red chilli powder
- 1 tsp garam masala powder
- 1 egg
- Salt to taste
- Oil for shallow frying
- 2 sliced onions, for garnish
- 1 sliced lime, for garnish

Method:

In a bowl, mix together the beaten yoghurt,

ginger-garlic paste, coriander, red chilli, turmeric and garam masala powders, green chillies and salt. Add the chopped mutton pieces. Mix well so that the chops are coated well with the marinade. Marinate for 3 hours. Put the mutton chops in a pan and cook in low heat till done. Dry the gravy thoroughly. Remove each piece and keep aside. Beat an egg in a bowl until light and fluffy. Just before serving, dip each mutton chop piece in the beaten egg.

Heat oil in a wok. Shallow fry the mutton chops until browned on the both side. Drain on clean paper towels to remove excess oil. Transfer in a serving platter. Garnish with onion and lemon slices. Serve immediately.

COLD FILLET OF BEEF

Ingredients:

- 1 kg fillet of beef, trimmed of all fat
- 2 tbsp soy sauce
- 2 tbsp olive oil or peanut oil
- 2 tbsp vinegar
- 6 cloves garlic, chopped
- 1 tsp Tabasco
- Freshly ground pepper

Method:

Marinate the fillet in the rest of the ingredients for 24 hours in the refrigerator, turning several times. Remove and dry. Put boiling rack on a pan covered with aluminium foil. Roast at 475 degrees for 25 minutes. Baste with marinade 3-4 times during the roasting. Allow to cool, if possible do not refrigerate. Slice and arrange on a platter with watercress and tiny cherry tomatoes. This should be eaten the day it is roasted, does not keep oil in the refrigerator because it takes in a strong taste.

Photo: Collected

