

DESHI MIX  
BY SALINA PARVIN



# SHUBHO BHOJYA!



## METHI PULAO

Methi pulao is a healthy dish prepared with fenugreek leaves and vegetables. I have added carrot and peas to make the methi favours mild and to balance its slight bitterness. You can use other vegetables like potatoes, cauliflower, capsicum or veggies of your choice.

### Ingredients

2 cup basmati rice  
1 bundle methi leaves, chopped  
½ cup thinly sliced onions  
½ inch ginger (crushed)  
4-5 clove garlic (crushed)  
3-4 green chilli (crushed)  
¼ cup ghee  
½ tsp cumin seed  
1 black cardamom  
2 green cardamoms  
1 inch cinnamon  
3 cloves  
1-2 single strand of mace  
½ cup carrot (cut into cubes)  
½ cup peas  
Salt to taste

### Method

Rinse basmati rice in water then soak the rice for 30 minutes. Drain the rice and keep aside. Heat ghee in a pan and sauté cumin seeds, cardamoms, cinnamon, cloves and mace. Add sliced onions and stir till they start turning golden. Then add crushed ginger, garlic and green chilli. Stir and sauté till the raw aroma goes away. Now add methi leaves. Stir for 3-4 minutes on medium heat. Then add vegetables to it and stir

well. Add rice and stir for a minutes. Add water and season with salt. Cook until the water is fully reduced with the lid on. Now leave them in low heat for 10 minutes. When it is done, garnish and serve hot.

## MUTTON MASALA

### Ingredients

1 kg mutton (cut into small pieces)  
2 big onion, chopped



2 tsp ginger paste  
2 tsp garlic paste  
1 tbsp red chilli powder  
½ tsp turmeric powder  
6 black peppercorns  
2 cinnamon stick  
2 big tomatoes

1 tbsp coriander powder  
½ tsp garam masala powder  
1 tsp cumin powder  
5-6 twigs coriander leaves, chopped  
4 cloves  
½ cup oil  
Salt to taste

### Method

Put cloves, cinnamon stick, mutton, black peppercorn and water in a pan and cook till mutton is tender. Heat oil in a separate pan and sauté chopped onions in it. Add tomatoes and cook till soft. Add ginger and garlic paste to it and mix well. Add red chilli powder, turmeric powder, coriander powder, salt and garam masala. Sauté for about 2 minutes. Now put mutton mixture in it and cook over low heat till the gravy thickens. Garnish it with coriander leaves. Mutton masala is ready to serve.

## RUI MACHER DUM CURRY

Fish dum curry is a famous dish prepared in every Hyderabadi kitchen. It is prepared with different nutty ingredients, which are blended into a paste and then cooked. Dum involves slow cooking with the lid covered and not letting go of any steam. It can be made on all special occasions and can be served with rice or rotis.

### Ingredients

500g rui fish  
1 cup fried onion  
1 tsp ginger paste  
1 tsp garlic paste

