



AAPPAYON
BY SHAWKAT OSMAN



Mad about meat!

DAL-GOSHT MALAIKARI

Ingredients:

1 kg chevon, cut pieces
100g raw Peanuts
100g split-chickpeas (boot er daal)
100g white sesame seed
1 cup coconut milk,
1st extract 2cups coconut milk, 2nd extract
3 tbsp onion paste
½ tsp ginger paste
1 tbsp garlic paste
½ tsp green chilli paste
½ tsp turmeric powder
2 bay leaves (tejpata)
2 tsp cumin seeds
4 tsp salt
½ cup cilantro, chopped

Method:

Soak peanuts, chickpeas and sesame seeds in plenty of water for 8 hours or overnight. Before cooking, drain and grind all three together. In a large mixing bowl, combine the following: onion paste, ginger paste, green chilli paste, garlic paste and turmeric. Whisk to merge.

Drop in the meat pieces. Coat pieces with the spice. Cover mixing-bowl with cling film and keep refrigerated for 8 hours/overnight. Return to room temperature before cooking. Heat oil in a korai/wok, toss in: tejpata and cumin. Cook undisturbed for few seconds. As soon as cumin seeds stops crackling add the ground ingredients sauté stirring constantly until they release their flavour.

Chuck in the meat. Cook over high flame; scraping the bottom of the korai/wok with a wooden khunti.

When spice dries up, add 2 tbsp coconut milk 2nd extract. Stir-fry after each addition stirring and scraping the bottom until the liquid is absorbed. Go on adding the 2nd extract of coconut milk in batches, until

they are exhausted.

Next pour in the 1st extract of coconut, mix up and lead it to a gentle simmer. Do not boil. Lower heat, season with salt and gently simmer until meat is tender. Sprinkle with cilantro and cover with a lid.

Lower the flame further to its lowest point. Softly simmer for a further 5 minutes. Take korai/wok off the flame.

Serve hot, if delayed re-heat the korai/wok for 2 minutes just before serving.

NARKEL MANGSHO

This sweet and sour meat dish, comes from Khulna; it also has a pronounced touch of pungency. Usually cooked with "choi" root to make the 'jhol' (gravy) pungent, this recipe, replaces choi with capsicum, green chillies, black pepper, and red chilli to get a similar flavour of chui, which is not available outside Khulna.

Ingredients:

1 kg chevon, pieces
1 Capsicum, burnt over open flame and ground to

a paste

1 tsp red chilli powder
¼ tsp turmeric powder
1 tsp ginger paste
2 tsp garlic paste
1 tbsp coriander powder
½ cup soya oil
2 tsp fennel seeds (mouri)
½ cup coconut meat, grated
4 onions, chopped
10 green chillies, slit
1 tbsp ginger, julienne
2 tbsp garlic, crushed
4 tomatoes, chopped
2 tsp black peppercorn, crushed
2 cups coconut water
2 tsp gorom mosla powder
3½ tsp salt



Everyday **HAPPY HOUR**

50% Discount

4 PM to 7 PM

*Conditions Apply

Watercress
restaurant

Shanta Western Tower, Level 3
186 Tejgaon - Gulshan 1 Link Road
Dhaka 1208

/watercressbd
watercressbd.com

For Reservation
01762444555