



World's No. 1 Basmati Rice

Tilda
Legendary Rice

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RANKS FOOD & BEVERAGE

1+2 onions, chopped
2 tbsp oil
½ tsp mustard seed
½ tsp cumin powder
½ tsp coriander powder
½ tsp ginger paste
1 tbsp garlic paste
2 tbsp tamarind purée

Method

Put beef, 8 cups water, 3 sprigs curry leaves and 2 chopped onions in a pressure cooker. Cover with a lid. Pressure cook until meat is tender; strain the stock into a container (there should be at least 8 cups of stock). Set stock aside. In a separate pan heat oil and toss in mustard seeds, 1 chopped onion and 2 sprigs curry leaves, in the given order. Sauté until onions turn brown. Stir in cumin powder, coriander powder, chilli powder, ginger and garlic paste. Fry until the aroma of spices is released. Pour in the stock and tamarind. Cover with a lid and simmer on slow heat for about 30 minutes. Strain the preparation and serve in a soup tureen.

DUCK VINDALOO: DUCK IN EXTRA HOT GRAVY

'Vindaloo' is a Goan curry adopted from the Portuguese dish, 'came de vindo elbos.' The term 'vindaloo' is a garbled pronunciation of 'vindo e albos.' Under the influence of their Moorish rulers, the Portuguese had adopted the taste of sour and fruity meat marinated and cooked in vinegar, in accordance with a popular Arab tradition. Indian cooks applied the techniques of making 'vindaloo' to all sorts of meats, duck being the favourite. The British were first introduced to 'vindaloo' in 1797 when they invaded Goa. When the British left in 1813,

they took their Goan cooks with them. That's how 'vindaloo' made its way to British Bengal.

Ingredients

100g ginger
100g garlic
75g dry, red chillies



1 tsp red mustard seeds
1tbsp coriander seeds
½ tsp cumin seeds
1½ kg duck, cut into pieces
1½ tsp turmeric powder
4 tsp salt

1½ cup vinegar
250g mustard oil
1 tbsp coriander seeds
2 tsp cumin seeds

Method

Pound roughly (do not grind) ginger; garlic; dry, red chilli; mustard seeds; 1 tablespoon



coriander seeds; and ½ tablespoon cumin seeds. In a heavy pot combine meat, turmeric, pounded spices, salt, vinegar, mustard oil and a little water. Place the pot over a low flame. Cook, stirring occasionally, until meat is tender. Heat a 'tawa' (griddle) and

dry roast 1 tablespoon coriander seeds and 2 teaspoons cumin seeds. Transfer roasted seeds to a mortar and pound to a fine powder. Add this powder to the cooking 'vindaloo.' Cook until oil separates and meat is ready.

RICE PUDDING

Using rice with short or medium-size grain will give the preparation a soft and chewy texture. Longer grains would be hard to chew. If you use glutinous rice, the pudding will be too sticky.

Ingredients

4 tbsp butter
4 cups kalijira (fragrant) rice
4 tbsp sugar
2 tsp cinnamon, ground
6 cups orange juice
4 eggs
4 cups milk
Juice of 4 lemons
4 tbsp raisin

Method

Melt butter in a pan over a medium flame. Pour the rice and mix well. Cook, stirring until the rice is translucent. Add sugar, cinnamon and orange juice. Mix well and cook until juice begins to boil. Lower the flame and let the rice simmer for 2 to 3 minutes until juice is absorbed. Whisk the eggs and then add them to the milk. Pour the egg-and-milk mixture into the cooking rice and mix well. Continue cooking until rice re-boils.

Set the flame to its lowest and let the rice simmer until it turns soft and creamy. Cover with a lid. Take pan off the flame and let the rice sit for 2 to 5 minutes. Squeeze lemon on the rice, Serve in individual dessert bowls after garnishing with raisins.

