

## MEALS OF MEMORY

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### RUI FISH KOFTA

#### Ingredients

250g rui fish  
1 potato, boiled  
2 tbsp onion paste  
1 tbsp garlic paste  
1 tsp red chilli powder  
1 tsp cumin powder  
6 tbsp ghee or oil  
1 tsp or tamarind paste, or  
2 piece tomato  
Salt to taste  
Chopped coriander and mint leaves, as required

#### Method

Wash and clean fish and remove skin with knife. Remove bones from fish, and grind the flesh with the help pestle (shilpata). Mix fish and boil potato with cumin powder and salt. Stuff a small amount of coriander or mint leaves into each portion of fish mixture and shape into medium size balls. Heat ghee or oil in a pan, and deep fry each kofta on low heat till golden in colour. Keep aside. In the same oil add onion and garlic paste, red chilli, cumin powder, and salt. Stir and cook for a few minutes. Add hot water. When the water starts to boil, add the fried koftas and tamarind paste or tomato slices and cover for 2-3 minutes. Then remove lid and reduce heat and cook for 5 minutes until the gravy becomes thick. Serve hot with rice or pulao.

### CHICKEN HALICHA

#### Ingredients

1 kg chicken  
250g wheat  
1 tsp sugar  
250g milk  
1 tsp ginger paste  
1 cup onion paste  
3 pieces cardamom  
2 pieces cinnamon  
3 pieces clove  
6 pieces raisin

5 tbsp ghee

#### Method

Clean, wash and cut chicken into four: two leg pieces and two breast pieces. Heat ghee in a pan; add whole cardamom, cinnamon, and clove, and onion, ginger paste, and salt. Stir fry briefly. Add chicken pieces and mix them with spices very well. Cook on high heat for 10 minutes. Then add hot water



and cover for 5 minutes. Wash and boil wheat. Drain water and grind wheat in a pestle (shilpata). When the chicken is boiled, add ground wheat, milk and sugar, stirring continuously. Add raisin and cook on low heat until the chicken is completely cooked. Serve hot with paratha or naan.

### TONGUE ROAST

#### Ingredient

1 piece tongue (cow's)



1 cup onion paste  
1 ½ tsp garlic paste  
1 tsp ginger paste  
2 tbsp vinegar  
2 tbsp oil  
2 pieces cardamom  
2 pieces cinnamon  
2 pieces clove  
½ tsp cumin powder

with salt and vinegar for 2 to 3 hours. Later, add onion, ginger, garlic paste, nutmeg and mace powder, garam masala powder, cumin powder, red chilli powder to the tongue and mix well. And leave them for 15 minutes. Heat oil in a pan, add whole garam masala and the marinated tongue. Fry tongue till golden in colour. Then add hot water and cover. Cook on low heat for about 5 to 6 minutes or until almost done. Serve hot with naan or paratha.

### STEAM CAKE WITH CUSTARD

#### Ingredients

2 cups flour  
1 cup sugar  
1 cup ghee or batter  
8 eggs, 3 tsp baking powder  
½ tsp vanilla essence

#### Method

Grind the sugar in a food processor. Beat eggs and keep aside. Mix flour, baking powder and sugar, then add them to the eggs mixture. Add vanilla essence and ghee to the batter, and mix well. Pour this mixture into a greased pudding mould, and cover tightly with the lid. Put the pudding mould in a large pan with hot water, and place it on the stove. Bake for 30 to 40 minutes or till it is set. Allow to cool.

#### For custard -

Milk  
Sugar  
4 eggs (if you use custard powder, do not add eggs)

Boil milk and sugar together. Mix the custard powder in a cup of cold milk till fully combined, and pour into the milk and sugar mixture. When it becomes thick, remove from heat. Pour custard onto steam cake. Cool and refrigerate. The cake is moist enough and does not require any topping. Serve chilled with fresh fruits or glazed cherries.

**Photo: Collected**



1 tsp red chilli powder  
½ tsp garam masala powder  
½ tsp nutmeg and mace  
Salt to taste

#### Method

Use hot water for washing and cleaning and removing skin of tongue. Make deep cuts in the flesh, with a fork, so that spices can be absorbed (you can also cut the tongue into small pieces). Then marinate the tongue

