

DESHI MIX
BY SALINA PARVIN

Kebab time!

The coming Eid UlAdha, while remaining purely holy in its essence, has also become quite a celebration of the culinary world. The Eid mornings themselves have gone on to become the stuff of a foodie's legend and this year promises to be no different. This week Star Lifestyle dedicates its pages to this delicious extravaganza and our recipe writers bring in some of the most scrumptious servings they could think up. To make it even more worth your while, we dig in deeper and do not restrain ourselves to only beef, bringing you the pick of the baked fishes and vegetarian splendour. Of course, there's plenty of kebabs, steaks and lamb chops to go around as well, so get your pots and pans ready and prepare a feast worth fighting over this Eid!

The word 'kebab' is derived from an Arabic word 'cabob' which means 'to burn or char'. Most of the famous kebabs like galouti, shami and kakori originated in the royal kitchens. What was traditionally served in the Mughal courts, today has transformed into a common street food. Kebabs are the perfect party snack. The smoky, char-grilled aroma and melt-in mouth texture can easily get you hooked. Usually served as an appetiser with chutneys and dips, kebabs are made with minced meat and mild spices. Although lamb is the original meat used in kebabs, this dish has been localised to include beef, goat, chicken and meat varieties.

Kebabs are considered to have originated in Turkey when soldiers used to grill chunks of freshly hunted animals skewered on swords on open field fires. The name was firstly discovered in a Turkish script, which is the oldest known source where kebab started as a food item. They are usually cooked on a grill or barbecue or baked in a pan in an oven. Some of the kebabs are deep fried or shallow fried on a pan and served with various accompaniments according to each recipe.

SHAMI KEBAB

Shami kebabs were first made by a highly skilled chef for the toothless and aging Nawab of Lucknow, Nawab Wajid Ali Shah who had lost all his teeth. However, his desire for meat continued. Hence, this melt-in-the-mouth kebab was prepared in the regal kitchen to satiate the Nawab's craving for meat. Shami is an Urdu word, which means "sham", meaning evening. Although this kebab is made for evening snack with tea, we enjoy it on every other occasion.



Ingredients

500g boneless mutton, cut into small cubes
 ½ cup chickpeas (soaked in water)
 4 green cardamoms
 4 cinnamon sticks
 2 tsp red chilli powder
 1 tsp turmeric powder
 2 tbsp ginger-garlic paste
 ½ tsp caraway seeds (shahi jeera)
 3 tbsp deep fried onion
 1tbsp green coriander, chopped
 ½ tsp green chilli, chopped
 2 eggs
 Salt to taste
 Oil for frying

Method

Soak chickpeas in water for about 2 hours and let the water drain out. In a pan, add the meat, water, chickpeas, cardamoms, cinnamon sticks, red chilli powder, turmeric powder, salt, and ginger-garlic paste. Bring the mixture to a boil. Reduce the heat and continue to cook it until all the water has evaporated and the meat is tender. Remove the pan from the heat and keep aside to cool. Remove the whole spices. Grind the meat in a food processor along with the green chilli, caraway seeds and green coriander. Now add eggs and fried onion, mix well. Divide the mixture into equal portions and shape each of them into a flat kebab. Heat oil in a pan and shallow fry patties until golden brown. Remove and drain the excess oil on kitchen towels. Serve hot.

SHEEKH KEBAB

Sheekh kebabs are spicy and extremely flavourful which will surely be a success at any occasion.



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