

## GRILLED BEEF STEAK WITH MUSHROOM GRAVY

(serves 5)

### Ingredients

For the steak

1/2 cup flour  
1 tsp salt  
1 tsp pepper  
500 gm beef steaks (5pcs)  
2 tbsp vegetable oil  
1 tsp Worcestershire sauce

### For gravy

2 cups beef stock  
1 can condensed cream of mushroom soup  
1/4 cup all-purpose flour  
1/4 cup water  
1 cup mushroom, thinly sliced  
1 tbsp butter

thyme  
Salt to taste  
Pepper, to taste  
A little minced garlic

### Methods

For steaks, mix flour, salt, and pepper in a shallow bowl. Coat the meat with the flour mixture, and shake off the excess. Heat oil in large skillet over medium heat and fry the steak in it until it releases red juices. Remove from heat and set aside.

For gravy, heat butter over medium heat in a saucepan until it foams. Then, add chopped garlic and cook until brown. Stir in the mushrooms, and add half the stock seasoned with salt. Simmer until liquid evaporates, for about 10 minutes.

Next, stir in the flour, cooking and stirring for about 5 minutes. Add rest of the stock, stirring briskly until incorporated, and season with black pepper and thyme.

Reduce heat to medium-low, and simmer until thickened, for about 15 minutes, stirring often. Place meat in a shallow baking pan large enough to hold a single layer. Top with half the gravy. Cover with foil. Bake for 10 minutes at 300 degree. Serve with remaining gravy.

## KOFTA MEATBALLS WITH SWEET AND SOUR CHERRY SAUCE

### Ingredients:

For the cherry sauce-

2 tbsp olive oil  
1 shallot, chopped  
1 cup dried cherries  
2 tsp honey  
1/2 lemon, juiced  
1/2 cup water  
1/2 tsp cinnamon  
1 tbsp fresh mint minced

Salt and freshly ground black pepper, to taste

For the Meatballs-

500gm ground beef  
3 tbsp flour  
1/4 cup sparkling water  
2 cloves garlic, minced  
2 tbsp fresh parsley, minced  
1/2 tsp cloves  
1/2 tsp cinnamon  
1/2 tsp cumin  
1/2 tsp allspice

Salt and pepper to taste

3 tbsp olive oil

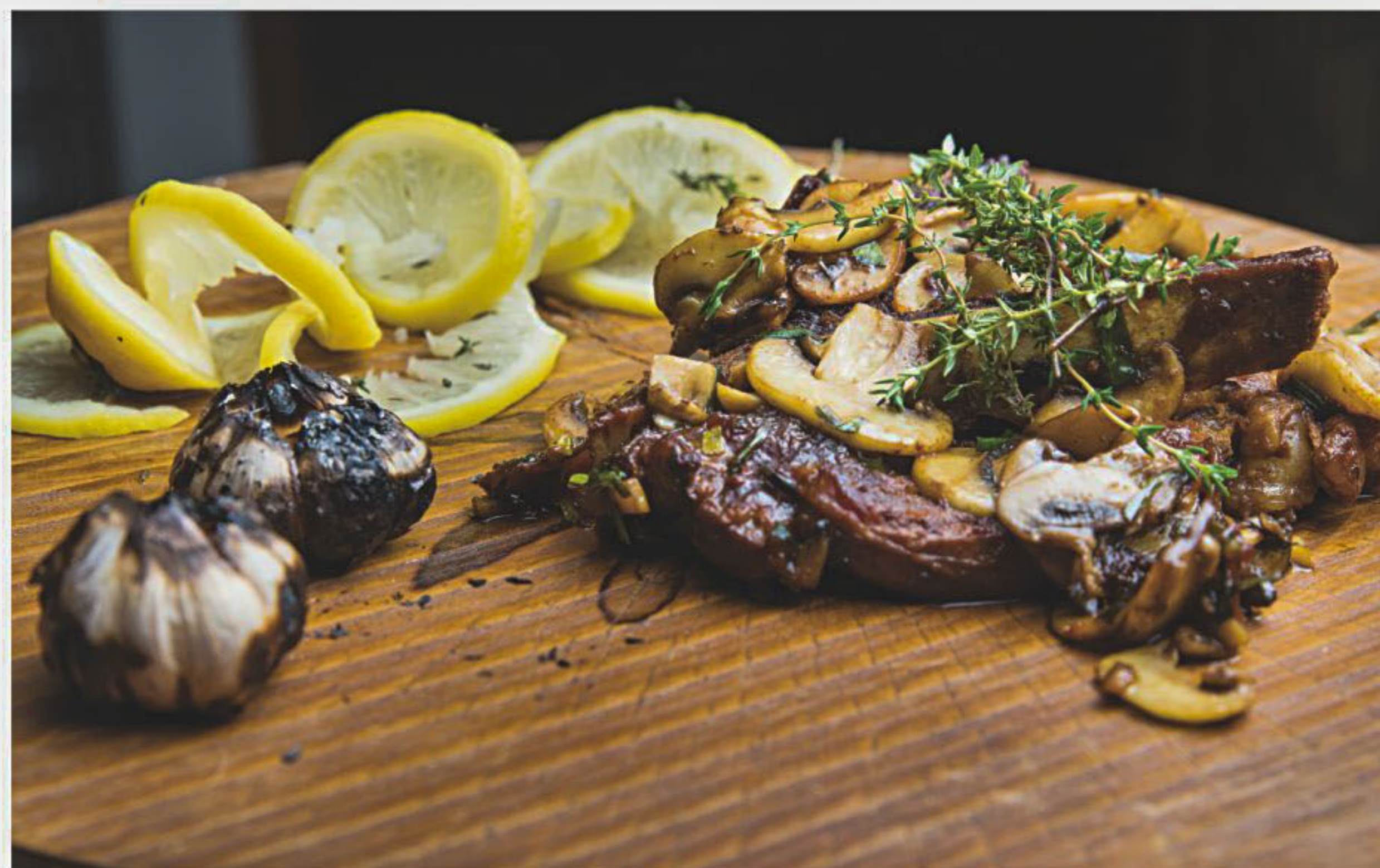
### Method

For the sauce, pour in the olive oil in a small saucepan over medium-high heat, and add the shallot and saute until tender. Add the cherries, honey, lemon juice, water and cinnamon and bring the mixture to a boil. Lower the heat and allow to simmer for 5

minutes or until the sauce has thickened. Add salt and pepper to taste. Stir in the mint.

To make the meatballs, add the ground beef, flour, sparkling water, garlic, cloves, cinnamon, cumin, allspice, salt and pepper in a large mixing bowl. Mix lightly to incorporate all ingredients. Form mixture into small meatballs.

In a large frying pan over medium high, add olive oil. Add meatballs and fry, turning often to brown all over, about 5-7 minutes. You might have to cook meatballs in batches if your pan is too small. After browning all the meatballs, place meatballs on a baking sheet and bake in the oven for 10 minutes, to cook it through. Drizzle with the cherry sauce just before serving.



## LAMB CHOPS WITH BALSAMIC REDUCTION

### Ingredients:

4 lamb chops (3/4 inch thick)  
3 tsp dried rosemary  
1/2 tsp dried basil  
1/2 tsp dried thyme  
Salt and pepper to taste  
2 tbsp olive oil  
1/4 cup minced shallots  
1/2 cup aged balsamic vinegar  
3/4 cup chicken broth  
2 tbsp butter

### Method

In a small bowl, mix the rosemary, basil, thyme, salt and pepper. Rub this mixture onto the lamb chops on both sides. Place them on a plate, cover and set aside for 15 minutes to absorb the flavours.

Next, heat olive oil in a large skillet over

medium-high heat. Place the lamb chops in the skillet, and cook for about 4 minutes per side for medium rare, or continue to cook to your desired doneness. Remove from the skillet, and keep warm on a serving platter.

Add shallots to the skillet, and cook for a few minutes, just until browned. Stir in the vinegar, scraping any bits of lamb from the bottom of the skillet, then stir in the chicken broth. Continue to cook and stir over medium-high heat for about 5 minutes, until the sauce is reduced by half. If you don't, the sauce will be runny. Remove from heat, and stir in the butter. Pour over the lamb chops and garnish with thyme. Serve hot.

## LAMB CHOP(GOSH) BIRYANI

### Ingredients:



1/2 tsp saffron

1/2 cup warm milk

### Method:

Place the basmati rice in a large container and cover with several inches of cool water; let stand for 30 minutes and then drain.

Heat 1/4 cup oil in a large skillet over medium heat and fry the cloves, cardamom pods, and cinnamon sticks in the hot oil until fragrant, for about 1 minute. Add the onions, and stir until those are lightly browned, then add the garlic and ginger paste and cook until the garlic and ginger is fragrant, about 1 minute more.

Sprinkle the cilantro and mint over the mixture and cook for 1 more minute. Add the lamb chops to the skillet and season with salt. Cook and stir the lamb until the meat begins to brown, about 20 minutes. Stir the tomatoes, green chilli, and ground red pepper into the mixture and continue cooking until the oil begins to separate from the gravy, for about 10 minutes. Add the yogurt and lemon juice and cover to cook until the lamb is tender. Add water as needed. Bring the rice, 6 cups water, and 1 teaspoon salt to a boil in a saucepan until the rice is nearly done but still a little chewy, for about 12 to 15 minutes; drain any excess water.

Heat two tablespoons of oil in a small skillet and fry the sliced onion in hot oil until light browned. Layer about half the rice at the bottom of a deep pot and spoon the lamb masala over the rice, then spread the fried onion over the lamb masala. Top with the remaining rice. Stir the saffron and warm milk together in a small bowl; pour over the top layer of rice. Cover the pot with a lid and place over low heat, cooking until the rice is thoroughly done, for about 12-15 minutes. Now serve with garnish and vegetable raita.

## SIRLOIN STEAK KABOBS

### Ingredients

2 tbsp wine vinegar  
1/2 cup vegetable oil  
1/4 cup ketchup  
1 tsp salt  
1/2 tsp oregano  
1/2 tsp black pepper  
2 tbsp Worcestershire sauce  
1/2 cup chopped onion  
2 cloves minced garlic  
500gm sirloin steaks, cut into 1 inch cubes  
3 tbsp butter oil  
1 green pepper, cut into squares  
1 red pepper, cut into squares  
1 yellow pepper, cut into squares  
3 small onions  
Cherry tomato  
Some mushrooms  
8 skewers, medium sized

### Method

Mix the first nine ingredients to make the marinade. Add the meat to it, and coat well. Then cover and refrigerate for two hours. Heat oil in a frying pan and blanch the onions and green peppers seasoned with salt and pepper. On each skewer, place cubes of meat alternated with pepper squares, small onions, tomatoes and mushrooms. Place skewers on a charcoal grill, turning often until meat is done to your liking. Serve hot

*Note: if you don't have a charcoal grill, you can grill on a nonstick fry pan. In this case do the meat and vegetable separately, then put onto the skewers.*

**Photo: Sazzad Ibne Sayed**

**Food Styling: RBR**