

MEALS OF MEMORY
BY SYEDA NAFISA AHMAD**LIVER WITH ONION****Ingredients**

250g mutton liver
250g onion, chopped
125g ghee
125g tomato, chopped, or, 4 tbsp tomato ketchup
4-6 pieces green chilli
½ tsp sugar
Salt to taste

Method

Wash and clean liver, and cut into thin slices. Do not wash liver after slicing. Heat ½ of ghee in a pan, and add ½ of the onion, liver and salt and stir. Dry all the liquid released by the liver. Add hot water and cover for boiling. When it is boiled and dried, take off of the heat.

Heat another pan, add remaining ghee and onion, add tomato slices or tomato ketchup, whole green chilli, sugar and stir.

Add liver mixture and mix them well. Cook for 4 to 5 minutes on low heat. Dish out and serve with luchi or paratha.

LIVER CUTLET**Ingredients**

125g liver
8 potatoes
2 onions
2 slices of bread
½ tsp black pepper
2 tbsp tomato sauce
5 tbsp ghee
Salt to taste

Method

Wash and clean liver, then cut into small pieces. Boil the potato and mash them well. Heat 1 tbsp of ghee in a pan and add ½ of the chopped onion and liver, keep stirring. Add hot water and cover for boiling. Dry all the liquid in the pan. Then add ½ tablespoon of tomato sauce to the pan and mix well. Take off of the heat. Again, heat 1 tablespoon of ghee in another pan, add remaining onion and stir till it turns light golden in colour. Then add tomato sauce, mix it well and take the mixture off the heat.

Put in the onion tomato mixture into the mashed potatoes and mix well. Also add

black pepper, salt and soaked bread (soak bread with water and squeeze to remove excess water) and mix well with your hand.

Divide mashed potato mixture into four equal portions. Shape each portion into a ball and press it and place 2 tbsp of liver mixture in the centre, wrap the potato tightly around the liver to give it an oval shape.



Heat sufficient oil in a pan to deep fry the cutlet in hot oil for 3-4 minutes. Take the cutlet out of the oil and drain onto an absorbent paper. Serve hot with green/red chilli sauce.

SEMOLINA CAKE**Ingredients**

1 cup semolina
3 tbsp sugar
1 egg
1 cup ghee
A pinch of salt

Method

Add a cup of water to the semolina, sugar, and egg, and mix well to make a paste. Heat ghee in a fry pan and take a tablespoon full of semolina mixture at a time and fry until it turns golden in colour. You can do this with onion and green chilli instead of sugar.

**MOZNU PULAO****Ingredients**

1 kg basmati rice
2 whole chickens
½ kg minced beef
½ kg prawn
250g potato
½ kg peas
1 kg ghee
12 eggs
1kg onion, chopped
250g ginger
250g garlic
60g coriander powder
2 tbsp sugar
1kg (reduce to ½ kg) milk
Garam masala whole (as required)
Pineapple (optional)
(These spices can also be used for making kofta and korma)

Method

Make prawn kofta, shape them like marbles. Make beef kofta, shape them a bit bigger than marbles. Cook chicken, prawn kofta, beef kofta separately with korma masala. Cook peas korma. Fry whole potato with salt and saffron colour. Boil 8 eggs and lightly fry in saffron colour. Make omelettes of 4 eggs, then cut them into 2 inch thin slices. Boil and then light fry the pineapple. Boil 2½ kg water.

Heat a large pan and pour in 250g ghee,

and add the whole garam masala. Add 2 tablespoon onion paste, 2 tablespoon garlic paste, and 1 tablespoon ginger paste. When masala turns colour, add hot water, and when the water starts to bubble, add rice and 2 tablespoon salt. Turn the heat low, and cover till the rice is completely cooked. Take out half of rice from the pan and keep it aside in a bowl.

Now place all the cooked kofta, chicken and peas korma, potatoes, boiled eggs, omelette, and pineapple over the rice in the pan. Pour the rest of the rice over it, and add a bit of rose water, saffron and milk. Cover and cook on low heat for 10 minutes.

Mix the preparation carefully with a wide spoon or saucer before serving. Try Moznu Pulao, it is not only delicious, but also doesn't need any other side dishes.

BEEF VEGETABLE SOUP**Ingredients**

250g beef (leg, fat and bone less)
1 whole cauliflower, small
250g beans, 60g papaya
2 large onions
½ tsp black pepper
2 tbsp corn flour, Salt to taste
2 tbsp ghee, 4 to 5 pieces green chilli
½ cup vinegar
2 to 3 pieces dried red chilli

Method

Cut beef into 1 inch thin slices, wash and then boil in 8 cups of water on low heat. When beef is boiled, add cauliflower, beans (1 inch pieces), and papaya (thinly sliced). Do not boil the vegetables completely. Add 2 tablespoon corn flour with ½ cup water and pour it into soup, stirring continuously. Add black pepper, salt and simmer on low heat.

Heat ghee in another pan, add chopped onions and stir till it turns golden in colour, and pour it into soup. Sprinkle chopped green chilli on top. Add half cup of vinegar with red chilli flakes to make a sauce and mix well together with soup. Serve hot.

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