

# Meet meat

## MINCE MEAT WITH PEAS

### Ingredients

½ kg mince meat  
½ cup oil  
½ medium sized fried onion  
2 green chillies  
½ cup fresh coriander  
1 tbsp papaya paste  
1 tbsp ginger garlic paste  
4 tomatoes  
½ packet kebab masala  
1 cup green peas  
Ginger for garnish  
Charcoal for 'dum'

### Method

Combine kebab masala in a chopper/blender and make a fine paste. Heat up a small piece of charcoal and place over mince meat using a bread slice as a base. Pour 1 tbsp of hot oil, cover and let it rest in a refrigerator for 2-3 hours.

Heat oil in a pan and fry green peas for a few minutes. Strain and keep aside.

Add the marinated minced meat in the same pan using the same oil. Put it on simmer with the lid on for 45 to 60 minutes.

Add some fried green peas and butter. Turn up the heat and fry for few minutes more. Garnish with ginger and serve.

## NARGISI KOFTA

### Ingredients

½ kg meat, cubed  
6 eggs, boiled  
1 egg, beaten  
250g fried onions  
6 green chillies  
2 tsp ginger and garlic paste  
1 tsp red chilli powder  
1 tsp salt  
1 cup oil  
1 tbsp kofta masala

### For gravy-

½ onions, ground  
½ kg yoghurt  
1 tsp ginger and garlic paste  
2 tsp fenugreek seed  
4 green chillies  
½ a bunch of fresh mint, finely chopped  
2 tbsp ginger, finely chopped  
50g kofta masala

### Method

Grind the fried onions, meat, green chillies and ginger garlic paste together, then mix in the red chilli powder, salt, beaten egg and 1 tablespoon of kofta masala. Shell the boiled eggs and coat with the meat mixture, then deep fry in hot oil. Remove and drain on absorbent paper.

In the remaining oil, fry the fenugreek

seeds until fragrant, and add the ground onions and cook on high heat until the water evaporates. Stir in the kofta masala into the onions in the pot and spoon in the ginger garlic paste and yoghurt. Cook the mixture until the oil separates. Then carefully add water, a little at a time, and keep stirring to make a thick gravy. Let the gravy bubble for 5 minutes.

To serve, fill a pretty dish with the gravy, slice the koftas in half lengthwise and arrange on top. Garnish with green chillies, ginger and mint.

## CHATPATA BEEF MASALA

### Ingredients

1 kg beef, cubed  
375g onions, sliced into rings  
250g yoghurt  
250g tomatoes  
6 green chillies



1 bunch fresh mint  
2 lemons  
1 tbsp ginger, finely chopped  
1 cup oil  
1 tbsp ginger and garlic paste  
50g kebab masala

### Method

Heat the oil in a deep pot and fry the ginger and garlic paste, then add meat and brown it all over. Now lower the heat and spread the tomatoes and onion rings on top. Beat



the yoghurt with kebab masala and spread it over the meat and cover the pot with a close-fitting lid and seal the edges with strips of raw dough. Let the meat simmer on low heat for one hour or until tender. Turn up the heat to dry off excess water, and add green chillies, mint, lemon juice and chopped ginger. Cook for 5 minutes and serve piping hot.

## AFGHANI 'DUM' KEBAB

### Ingredients

½ kg meat, with fat  
2 onions  
250g tomatoes  
2 green chillies  
1 tsp black pepper powder  
2 tsp ginger and garlic paste  
1 egg  
2 tbsp rice flour  
Oil, as required  
50g murgi masala

### Method

Combine the meat, onions and green chillies in a chopper and grind to a fine paste, then mix in the murgi masala, black pepper powder, ginger and garlic paste, egg, and rice

flour and knead well. Deseed the tomatoes and dice into 2-inch pieces. To cook, shape handfuls of the meat mixture onto skewers in 1-inch long kebabs, interspersed with tomatoes. Barbecue the kebabs on hot coals, or alternatively, shape kebabs onto shashlik sticks and fry in a shallow pan. Smoke with a piece of coal for added flavour.

## BEEF BIRYANI

### Ingredients

½ kg meat  
½ kg tomatoes  
50g dried prunes  
1 kg rice  
1 tsp cumin seed  
1 bunch fresh coriander  
1 bunch fresh mint  
6 green chillies  
½ tsp salt  
250g onions  
2 tsp ginger garlic paste  
1 cup oil  
1 packet or 50g Bombay biryani masala

### Method

Begin by putting the rice to soak for half an hour. Heat the oil and fry the onions to a crisp brown colour, then add meat and 2 glasses of water and cook for half an hour or until the meat is tender. Now toss in the tomatoes, dried prunes, ginger garlic paste, Bombay biryani masala and fry thoroughly. Scatter green chillies, coriander and mint on top and turn off the heat. In another large pot, heat 2 tablespoons oil and flash-fry the cumin seed until it stops crackling.

Add the soaked rice and salt and stir to coat the rice with oil, then pour in enough water to steam the rice. When the rice is half-cooked, scoop out some from the centre and fill the cavity with the meat mixture.

Cover the meat with the scooped rice, add 1 cup of water and cook on low heat for half an hour until the rice is cooked through. Stir once and serve.

## MUTTON ALMOND KORMA

### Ingredients

1 kg mutton  
1 tbsp ginger and garlic paste  
250g yogurt  
1 cup ghee  
250g onions

