



**MEALS OF MEMORY**  
BY SYEDA NAFISA AHMAD



# Out of the freezer

The post-korbari shift from meat to a diet comprising fish and veggies is slowly drawing to an end, and the eager diners in the house, gathering around the dinner table, seemingly seek meat. Some of you may still have a lamb leg stored somewhere in the fridge; or even some other prized cuts. The time is here to finally take them out. The following are some hand-picked recipes, easy to make yet something that brings out the rich flavour associated with korbari meat.

Bon appétit!

## BOMBAY BIRYANI

(Beef/mutton)

### Ingredients

1 kg basmati rice  
2 kg meat  
1½ cups yoghurt  
½ cup coriander leaves and 5-6 green chillies (turned into a fine paste)  
1 tbsp garlic paste  
1 tbsp ginger paste  
1 tbsp salt  
1 tbsp red chilli powder  
1 tbsp cumin powder  
1 tsp garam masala  
3 tbsp oil



1 large cardamom  
4-5 green cardamoms  
2-3 cinnamons  
4-5 whole black peppers  
2-3 cloves  
½ cup roasted onion  
7-8 baby potatoes  
4-5 green chillies (chopped)

5-6 aloo bukharas  
2 tsp kewra water, plus a pinch of saffron (for colour)  
1 tsp cardamom powder  
1 tsp nutmeg and mice powder  
4-5 tomatoes  
½ cup of chopped coriander leaves, mint leaves, and green chillies

### Method

Cut meat into regular pieces. Wash, clean and rinse. Marinate meat with ginger, garlic paste, yoghurt, ground coriander, green chillies, salt, red chillies, cumin powder, and garam masala powder. Keep aside for 2 hours. Heat oil in a large pan, add large cardamom, green cardamoms, cinnamons, cloves, and whole black peppers; stir. Add roasted onion and marinated meat. Mix thoroughly for 7-8 minutes over medium heat. Cover and cook on low heat for 20 minutes. Add 2 cups of water and cover the pan. Let it simmer on low heat.

Keep cooking until meat is soft and tender. If necessary add more water. Then add fried potatoes, aloo bukharas, and whole green chillies. Cover and simmer on low heat. Boil rice with salt, whole garam masala, and 7-8 cups of hot water. When rice is completely boiled, add nutmeg, mace and cardamom powder. Mix well. Pour cooked meat into rice and sprinkle chopped tomatoes, coriander, mint leaves, green chillies, and kewra and saffron mixture. Cover and simmer for 10-15 minutes. Turn off the heat and keep the pan covered. Mix well before serving.