

**LAMB LEG ROAST****Ingredients**

Leg of lamb, medium size  
1 tsp salt  
1 tsp chilli powder  
1 tsp coriander powder  
5-6 cloves  
2-3 black cardamoms  
2 inches cinnamon stick  
4-5 tamarind seed pieces  
¼ tsp nutmeg powder  
1 tsp cumin seed  
1 tsp whole black pepper  
2 medium sized tomatoes  
¾ cup yoghurt  
Sesame seeds for garnishing

**Method**

Make deep cuts on both sides of the lamb



leg. Add all of the whole and ground spices, whole tomatoes, yoghurt, and ½ cup of water and put in a pressure cooker; check regularly until the meat is cooked. After opening it, stir on heat till the water dries up. Within a few minutes the gravy will start to stick to the meat and oil will be released. Take it off the heat, and set on a baking tray. Pour the thick gravy on top, as well as the remaining oil, and sprinkle some sesame seeds (this will give it a glazed look) and then bake on high heat for just 10-15 minutes. Serve with yoghurt 'chatni' or 'raita' and 'naan'. Usually it takes an hour to make leg roast but this method takes only 20-25 minutes, and creates a very appetising juicy and tasty one.

**BEEF NIHARI****Ingredients**

1 kg beef leg bone or shank cut into large pieces (korolir haddi)  
½ kg 'koroli' meat  
1 tbsp garlic paste  
1 tbsp ginger paste  
3 tbsp fennel seed  
1 tbsp garam masala powder  
1 tbsp cumin seed powder  
1½ tsp salt, 2 tsp red chilli powder  
2 tbsp paprika, ½ tsp turmeric powder  
5 tbsp plain flour  
1 bunch coriander, chopped  
2 tbsp ginger, chopped  
2 tbsp chopped green chillies  
½ cup oil  
Water, as required

**Method**

Take a large wok, boil bones with ample water, salt and fennel seeds (wrap fennel seeds in a piece of cloth and knot it tightly) for 4-6 hours. Take another large pan, heat some oil and fry the ginger, garlic paste and beef for 10 minutes. Add red chilli powder, turmeric powder, salt, and fry for further 5 minutes. Add ½ litre water and bring to a boil, then cover and cook on low heat until the meat is tender.

In a fry pan, lightly fry red chilli powder and paprika powder and add 2 cups of oily water from the boiled bones, then pour this mixture into the cooked beef. Cook for a further 10 minutes. Now pour this meat into the boiled bones and cook for 30 minutes. Dissolve flour in some water and add to the gravy, mixing and cooking till it becomes

thick. Garnish with cumin powder, garam masala powder, chopped ginger, coriander leaves, and green chillies. Mix them lightly, then keep few minutes on low heat. Take off from heat and serve hot with naan or roti.

**MUTTON TIKKA KARAH****Ingredients**

½ kg mutton, boneless  
1 tbsp raw papaya paste  
3 tbsp yoghurt  
1 tbsp ginger and garlic paste  
1 tsp salt, 2 tsp lemon juice  
1 tsp red chilli powder, ¼ tsp turmeric  
1 tsp coriander powder  
1 tsp cumin powder  
1 pinch food colour (optional)  
2 tbsp coriander leaves, chopped



1 onion for garnishing, sliced  
2 tomatoes for garnishing, sliced  
1 lemon for garnishing  
4-5 green chillies for garnishing

**Method**

Marinate mutton in papaya, yoghurt, ginger and garlic paste, salt, lemon juice, red chilli powder, turmeric, coriander, cumin powder and food colour (if using) for 2 hours. Pour ¼ cup oil in a skillet and put mutton in it. Cover and cook on low heat till meat is cooked through. Then place a slice of onion over the cooked meat and place a piece of inflamed coal over the onion. Drizzle a little oil, and immediately cover with a tight lid and let it sit for 5 minutes. Now take out on a serving dish and garnish with onion rings, tomato slices, lemon, fresh coriander leaves and green chilli.

**CHAPLI KABAB****Ingredients**

250g mince beef  
3 tbsp gram flour (besan), roasted  
1 tbsp of whole coriander and cumin seeds  
8 red chillies  
1 tbsp pomegranate seeds  
2 tbsp fresh coriander, 2 green chillies  
1 chopped onion, 1 egg  
Salt to taste

**Method**

Take mince beef and add roasted besan/gram flour to it. Add whole coriander and cumin seeds, whole red chillies and salt. Add pomegranate seeds, fresh coriander leaves, and green chillies as well. Then add chopped onion and an egg, mix well by hand. Let it rest for one hour. Finally make round patties of the whole mixture, put some chopped tomatoes over them, and fry it in pre-heated oil. Delicious 'chapli kabab' is ready to serve.

**Photo: Collected**



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