

DESHI MIX

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# Sumptuous Olives

## OLIVES!

People associate olives with pickles, but it can also be used to make other delicious preparations. Olives are classified into three groups according to the ripeness of the harvest and one needs to use the right type to get the right flavour and tangy taste.

## GREEN OLIVES

Picked when they obtain full size, but before the ripening cycle has begun. At this stage the fruit will be between the shades of green to yellowish-green.

## SEMI-RIPE OR TURNING-COLOUR OLIVES

Picked at the beginning of the ripening cycle, when the colour has begun to change from green to shades of red to brown.

## BLACK OLIVES

Picked after maturity and when fully ripe, these are found in assorted shades of purple to brown to black.

## OLIVE KOFTA

Kofta belongs to the family of meatball or meatloaf dishes found in South Asian, Middle Eastern, Balkan and Central Asian cuisine. Kofta is usually made from lamb, beef, mutton or chicken, but can also be prepared using fish or vegetables; this is especially true in Bangladesh and India.

Koftas can be grilled, fried, steamed or baked. They are usually cooked in a spicy gravy and eaten with boiled rice or variety of breads. Dry variations of koftas are considered to be kebabs, widely found in South India, West Bengal, and Bangladesh.

### Ingredients

½ kg ground beef, 5 pitted olives  
2 onions, quartered, 2 clove garlics, peeled  
2 tbsp extra-virgin olive oil  
¼ cup chopped fresh cilantro  
2 tbsp chopped fresh mint  
1 tsp ground cumin



½ tsp freshly ground pepper  
1 tbsp lemon juice  
Oil for fry  
Salt to taste

### Method

Place beef and lemon juice in a large bowl, gently combine until incorporated. Leave to marinate in the refrigerator for 1 hour. Transfer the meat to a colander and press to squeeze out excess moisture. Place onion, garlic and olives in a food processor and pulse until coarsely chopped. Add to the marinated meat along with oil, cilantro, mint, cumin, salt and pepper.

Gently combine until evenly incorporated. Divide beef mixture into 12 equal portions and give each portion in a round

shaped ball. Take one ball and flatten it by pressing it between palms and make 1/3 inch thick patties. Heat oil in a pan. Shallow fry the patties until brown and cooked through 8 to 10 minutes on low heat. Serve hot.

## OLIVE CHICKEN

### Ingredients

1 whole chicken, cut into pieces  
2 tbsp vegetable oil  
2 onions, chopped  
1 tbsp ginger paste  
1 tsp garlic paste  
½ tsp black pepper

1 tsp paprika  
5 pitted green olive  
½ lemon juice  
Salt to taste

### Method

Heat oil in a large skillet. Add onion, ginger-garlic paste and paprika. Sauté till the onions turn golden. Place the chicken pieces over the onions. Add water, lemon juice, salt, black pepper and olives. Cover the skillet and cook for about 20 minutes or till the chicken turns tender. Once done, serve hot with rice or roti.

## MACHHER TOCK JHOL (FISH WITH OLIVE)

### Ingredients

250g small fish, like tangra or puti  
5 olives, cut into pieces  
2 tbsp onion paste  
¼ tsp garlic paste  
¼ tsp cumin paste  
1 tsp the red chilli paste  
½ tsp turmeric paste  
1 tbsp coriander leaves  
2 tbsp oil  
Salt to taste

### Method

Cut and wash the fish. Heat oil in a pan. Put onion and garlic paste in to it and fry until brown. Now add other spices with a little amount of water. Cook for few minutes. When the oil separates from the spices add fish, add olives and 2 cups of water. Cook for 10 minutes on medium heat. When the gravy is reduced to half, remove from heat. Garnish with coriander leaves, and serve.

## JOLPAI DAL (OLIVE WITH RED LENTIL)

Jolpai daal or tok dal is a common in Bengali kitchens. It is a simple combination of green olives which are plentiful during this time of the year and lentils with very light seasoning for flavour. Yellow mung and red lentils are commonly used in Bengal to make this dish.

### Ingredients

1 cup red lentil  
4 olives (cut into pieces)

