

DESHI MIX
BY SALINA PARVIN



OFFAL RECIPES

The ultimate nose to tail cooking

Organ meats, sometimes referred to as 'offal' are the organs of animals that humans prepare and consume as food. Are you looking for new ways to incorporate organ meats into your diet? Sadly, the tradition of eating organ meats and utilising as much as possible from the animal (including bones and gelatin) is disappearing in our modern culture and many people may have never had the pleasure of eating liver, heart, or other types of offal. Offal, also called variety meats, refers to the internal organs and entrails of a butchered animal. The word does not refer to a particular list of edible organs that varies by culture and region, but it includes most internal organs excluding muscle and bone.

The taste and texture of offal depends on the particular organ, and on the species and age of animal from which it came. Generally speaking, offal from young animals is held to be the best, providing large organs of fine flavour and texture. Lamb offal is also good, but sheep, and ox offal tends to be coarse in flavour and texture. The type of offal used in any given culture depends on the favoured meat animal, which may in turn depend on religious dietary laws. Muslim countries use much beef/mutton offal. The Chinese have numerous way of dealing with organs from pigs. Offal is a good source of protein, and some organs, notably the liver and kidneys, are valuable nutritionally. In most parts of the world, especially the less developed countries, it is valued accordingly.

THE DIFFERENT TYPES

The most common types of organ meat include the following.

Liver: The liver is the detox organ. It is also the nutritional power house of organ meats and sometimes referred to as nature's multivitamin.

Tongue: The tongue is actually more

of a muscle. It is a tender and tasty cut of meat due to its high fat content.

Heart: The role of the heart is to pump blood around the body. It may not look edible, but it's actually lean and tasty.

Brain: The brain is considered a delicacy in many cultures, and it is a rich source of omega-3 fatty acid.

Kidneys: Like humans, animals have two kidneys. Their role is to filter waste and toxins out of the blood.

Sweetbreads: Sweetbreads have a deceiving name, as they are neither sweet nor a type of bread. They are made from the thymus gland and pancreas.

Tripe: Tripe is the lining of the animal stomach. Most tripe is from cattle and can have a very chewy texture.

The nutrition profile of organ meat varies slightly, depending on the animal source and organ type. But most organs are extremely nutritious. In fact, most are more nutrient dense than muscle meat. They are particularly rich in B vitamins, such as vitamin B12 and folate. They are also rich in minerals, including iron, magnesium, selenium, and zinc, and important fat-soluble vitamins like vitamins A, D, E and K. Furthermore, organ meats are an excellent source of protein.

KATAKAT

Katakat is a special meat dish originally from Karachi, Sindh, but now very trendy throughout Pakistan. It is made with various meat organs, such as brain, kidney, heart, lamb chop etc. The dish's name is an onomatopoeia (katakat) due to the sound of the two sharp blades that hit the griddle as they cut up the meat.

Ingredients

10 mutton kidneys
8 mutton hearts
4 mutton brains
8 mutton chops
1/2 cup oil
1 cup chopped onion
1 cup chopped tomato

4-5 sliced green chilli
1 tsp red chilli powder
1/2 tsp turmeric powder, Salt to taste
2 tbsp ginger-garlic paste
2 tbsp lemon juice
1 tbsp ginger, thinly sliced
1/2 bunch fresh coriander, chopped
2 tbsp katakat spice
To make katakat spice:
2 tbsp aniseed, 2 tbsp cumin
2 tbsp coriander
10-12 whole red chilli, 1 tbsp all spices
2 tbsp dry fenugreek

Method

For katakat spices, roast all the katakat spices and then grind well. Preserve in an air tight jar.

For katakat preparation, cut kidneys and hearts into small pieces. Then boil mutton chops until half tender. Boil one cup of water in a pan, put brain and boil for 2-3 minutes. Now take it out of water and cut into small pieces. Now add kidney, heart and boil chops in a pan. Then add red chilli powder, turmeric powder, salt and ginger garlic paste and cook for 10 minutes. In a separate pan, heat oil and add onion. Sauté for 1 minute. Then add tomatoes, chops and fried kidney mixture and cook 5-10 minutes more. When chops are tender, add boiled brain and katakat spices. Now add sliced ginger and green chilli. Fry for five minutes. Finally mix lemon juice and take out in platter. Garnish with coriander and serve hot.

BEEF BRAIN CUTLET

Ingredients

2 pcs brain
2 pcs boiled potato, 2 pcs bread slice
1/2 tsp red chilli powder
1/4 tsp turmeric powder
1/2 tsp black pepper powder
1 tbsp chopped mint and coriander leaves
1/2 cup flour
1/2 tbsp chopped green chilli
Salt to taste
Oil for frying

Method

Pick the blood vessel and soak in cold water for 1 hour. Change the water a few times. When it is properly soaked, the water will remain clean. Blanch in boiling water for two minutes and remove onto a rack to thoroughly drain. Take the bread slices and dip them in water for one minute. Now squeeze gently. Mix all ingredients except the flour and oil. Now make a cutlet from the brain mixture with your hand. Coat in flour and leave for half an hour. Heat oil in a pan. Fry the cutlets until brown. Serve hot.

BEEF TONGUE VINDALOO

Ingredients

1 beef tongue
2 tbsp vinegar
1/2 cup sliced onion
4 tbsp oil
6 garlic clove
2 cardamoms pods
1 price ginger
10 red dry chilli
1/2 tsp turmeric powder
1 tsp cumin seeds
2 tsp mustard seeds
Few coriander leaves
3 tbsp ghee
200g potatoes, peeled and sliced
4 whole green chilli
Salt to taste

Method

Cut and wash the tongue, scrape it, and make slices. Grind all spices in vinegar. In a pan, heat ghee and fry the sliced onion and the coriander leaves, then add the prepared ground spices and fry well for few minutes. Add the tongue and continue stirring. Stir so that the meat does not get burnt. Add water and potatoes and cook until tongue is tender. Add green chilli and cover. When oil floats over the top, remove from heat and serve hot.

Photo: Sazzad Ibne Sayed

Food styling and preparation: RBR