

DESHI MIX
BY SALINA PARVIN



Grand tastes of an era bygone

Some recipes and techniques have stood the test of time and are still loved many generations later. The use of yoghurt in some of the recipes takes the marinade to the next level and tenderises the meat to make it a scrumptious dish. Do not forget to execute the following easy-to-follow steps to setup a grand dinner table.

MUTTON PASANDA

Mutton pasanda is a North Indian dish, a mild curry made of boneless sirloin from the leg of a goat, with creamy and flavourful aromatic spices. In Hindi, 'Pasanda' means liking. Now a days, similar ingredients and methods are used to make the dish from beef, buffalo meat, mutton, lamb or chicken.

Ingredients

1 kg mutton
½ cup cream
½ cup yoghurt
½ cup chopped onion
½ tsp chopped garlic
1 tbsp chopped ginger
½ tsp turmeric powder
2 tsp coriander powder
1 tsp cumin powder
1 tsp garam masala powder
½ tsp nutmeg powder
1 tsp white pepper powder
2 tbsps almonds paste



1 tbsp roasted almond for garnish
4 tbsp ghee
Few coriander leaves
Salt to taste

Method

Lightly pound mutton cubes with a steak hammer and place them in a bowl. Marinate mutton with yoghurt. Heat ghee in a pan and sauté chopped onions, ginger and garlic till it turns golden brown. Add turmeric powder, salt, cumin powder, nutmeg

powder, pepper powder and coriander powder. Cook for few minutes. Now add the marinated mutton and two cups of water. Cook it for 30 minutes with the lid on. When the mutton is tender, add the almond paste, cream and garam masala powder. Mix well and cook for another 10 minutes on a low heat with the lid on. When it is done, garnish with roasted almond and coriander leaves. Enjoy hot.

KASHMIRI YAKHNI MUTTON

Yakhni is yoghurt and saffron based mutton broth. This is a Kashmiri recipe made using mutton, curd and various spices. Mostly prepared during celebrations, this mutton recipe has a wonderful aroma of spices that are the essence of this delectable curry. Yakhni originated in Persia and was brought to India sometimes during the Akbar era. The earliest documented recipe is found in Ain-I-Akbari. It is made with mutton. This curry recipe is thick and flavourful and tastes amazing with pulao, biryani, naan and even roti and parathas.

Ingredients

1 kg mutton
1 cup yoghurt
¼ cup ghee
2 tsp fennel seeds powder
1 tsp dried ginger powder
4 green cardamoms
1 inch cinnamon stick

3 clove
2 bay leaves
2 red chillies
1 tsp red chilli powder
1 tsp turmeric powder
2 pinches saffron
2 tsp milk
Salt to taste

Method

Wash and clean the mutton and keep aside. Pour some hot water over the mutton and allow it to rest for 5-7 minutes. Now throw the water away and wash the mutton again. Heat ghee in a deep bottomed pan. Add bay leaf, cinnamon, cardamom, clove, whole red chilli and cook on low flame till the spices begin to crackle. Now add mutton, turmeric, salt and sauté for 5-7 minutes on medium flame. Now reduce the flame and cook covered till the mutton softens. You can add a little water if you feel the need. Whip the curd and add it to the mutton. Ensure that the mutton is uncovered and flame is at the lowest. Now add fennel seeds and ginger powder. Mix well. Add red chilli powder and cook till the mixture thickens. Now dissolve saffron in milk and add it to the mutton. Stir well and cook for another three minutes. Remove from heat and serve hot.

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