



Easy Recipes for Qurbani Eid

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With the abundance of fresh produce [and cattle] this Eid holiday, don't miss the opportunity to pick up an apron and earn some credentials in the kitchen. Here are some easy recipes that taste great but won't make you break a sweat to serve.

BOTI KABAB

Cut around ½ a kilo of boneless meat (beef/mutton) into cubes. Add 2 tablespoons of green papaya paste, 1 teaspoon each of ginger paste and garlic, half a teaspoon of green chilli paste and red chilli powder, salt to taste and a ¼ teaspoon of *garam masala* to the cubes.

Mix well and refrigerate for a minimum of 3-4 hours to allow the meat to marinate. Put the meat into a pressure cooker or any pot with a lid filled with a cup of water. Cook the meat with the lid on till half done. Take off the lid to allow remaining water to evaporate. Transfer the meat onto a preheated grill and complete the cooking process, basting it with butter

from time to time. If you don't have a grill, melt a ¼ cup of butter in a flat bottomed pan until you achieve a lightly charred brown colour.

SEEKH KABAB

Throw in 2 green chillies, 3 cloves of garlic, a ½ inch piece of ginger, some coriander, ½ tablespoon red chilli powder and 1 teaspoon each of cumin seeds, *garam masala* and salt into a food processor or the appropriate blender attachment and blend well.

Add this mix to 500 grams of a minced meat of your choice, either beef or mutton, and refrigerate for an hour. Divide the mixture into equal parts. Take metal skewers (or bamboo skewers that have been soaked in water for an hour), apply one part of the mixture over the skewer evenly, using your palms to even it out and set aside. Wet your hands each time to make this easier. Preheat your grill and cook over the hot grill for 6-8 minutes, turning the skewers to make sure the mince is cooked all over. If you don't have

a grill, you can add a little oil to a flat-bottomed pan and line up your skewers on it, following the same turning method to cook.

BEEF AND VEGGIE STIR FRY

To make this, first cut 500 grams of boneless (preferably sirloin) beef into thin slices. Cut 2 carrots and 1 bell pepper into thin slices. Chop 1 green onion and 1 broccoli. In a pan, heat up some vegetable oil, add the beef and one teaspoon of minced garlic, sprinkle some salt and stir fry until brown on medium heat. Move the beef to one side of the pan. Add the veggies and season with two tablespoons of soy sauce and sesame seeds. Continue to stir fry until the veggies are tender and shiny.

Pro tip: You can also add mushroom and cauliflower. Peppers are also great if you like it as a seasoning.

STEAK BITES

You'll need ½ a kilo of boneless meat, preferably sirloin, cut into bite size pieces with excess fat or any silvery membrane

trimmed off. Sprinkle salt and pepper on the pieces generously and mix well. Allow the pieces to marinate for at least 30 minutes.

Heat up butter in a flat bottomed pan on medium heat and allow the butter to melt and brown before you add the meat. Allow it to remain undisturbed on one side as it browns and sizzles for around 45 seconds to a minute, before flipping them over and repeating the process. Press down on a piece to check the done-ness. Join your thumb and middle finger together and press the lump below your thumb with your palm relaxed - that's the toughness to achieve. Remove the steak bites from the heat, and transfer to a plate. Pour the remaining juices and butter over the meat and allow it to rest for a few minutes before eating.

Nooha Sabanta Maula is an Anthropology major whose anthropologising has made her confused about life. Send her your thoughts to noohamaula@gmail.com