

A twist on Eid with Le Meridien

BRAISED LAMB SHANK

Ingredients

Plain (all-purpose) flour, as required
Sea salt and freshly ground black pepper, as required
10 pieces lamb shanks
1 piece onion
1 piece carrot
1 piece celery stick
1 piece leek
125ml olive oil
Few sprigs of rosemary
Few sprigs of thyme
3 tsp tomato paste
2 litre beef stock
2 piece small bulbs of garlic, broken into cloves, skins intact

Method

Preheat the oven to 160°C (315°F/Gas 2-3). Season the flour with sea salt and lightly coat the lamb shanks with the flour, and shake off any excess. Dice the onion, carrot, celery and leek into 1cm pieces.

Heat the olive oil in a large, heavy base frying pan and seal the shanks well on all sides, transferring them to a large flameproof casserole dish when they brown. Add the diced vegetables, garlic and herbs to the pan and cook for 5-6 minutes, or until golden. Stir in the tomato paste and cook for 5 minutes, then spoon the mixture over the meat.

Add enough stock to cover and bring to the boil. Cover the dish with a lid or foil then transfer to the oven and bake 1 – 1½ hours, or until the meat is tender and pulls away from the bone. Remove from the oven and let it cool in the stock.

Meanwhile, to roast the garlic, put the garlic cloves on a sheet of foil, drizzle generously with olive oil and fold up loosely. Place on a baking tray and roast for 30-40 minutes until tender. Set aside until required.

Carefully remove the lamb shanks from the stock. Strain the stock, discarding the

vegetables, and pour into a saucepan. Boil uncovered, over high heat until reduced to a rich, glossy sauce.

TANDOORI CHICKEN FRESH HERB SALAD

Ingredients

1kg chicken leg boneless
50g tandoori masala
250g yoghurt natural
50g cumin powder
30g coriander powder
150g mustard oil
40g garlic paste
30g ginger paste
20ml white vinegar
20ml lemon juice
50g Kashmiri chilli powder
10g salt
10g black pepper, crushed
25g coriander leaves
25g chaat masala
20g mint leaves
100g onion slices
200g tomato julienne
200g cucumber julienne
50g spring onion, chopped
200g mixed bell pepper

Method

First marinate the chicken legs with ginger, garlic, lime juice, salt, pepper, tandoori masala, white vinegar, yoghurt, cumin powder and mustard oil. Mix all properly and keep in the freezer for about 4 hours. Remove the chicken from the freezer and cook in the oven at 180°C for 20 minutes. Take out the chicken and julienne it once it is cold, and mix with the remaining vegetables and adjust the seasoning. Garnish with fresh herbs.



ZAFRANI MURGH HAWA MAHAL

Ingredients

2kg boneless chicken chunks
300g butter
200g gram flour
70g salt
30g pepper corn
400g cheddar cheese grated
12 eggs for coating
180g onion ring, shredded
80g green chilli chopped
100g ginger garlic chopped
500g sour yoghurt
50g chaat masala
30g lemon salt

Method

Marinate the chicken chunks with ginger, garlic paste, lemon, and salt and mix together. Keep in a warm place 1 to 2 hours after that. Heat butter in a pan, add gram flour, crushed pepper and salt and cook it till it is half done, set aside. Skewer the chicken chunks into a tandoor seek, mix egg and cheese and saffron, and apply over the chicken. Sprinkle the chops with coriander and cook until golden in colour over a tandoor. Apply butter, chat masala and chopped coriander, and serve with mint chutney or spicy tomato chutney and mix vegetable salad.

Recipes: Austen Reid, Executive Chef, Le Meridien Dhaka.

Photo courtesy: Le Meridien Dhaka.



ইউ এইচ টি পদ্ধতিতে প্রক্রিয়াজাত এক গ্লাস প্রাণ ইউ এইচ টি মিল্ক
দেবে যখন তখন ইনস্ট্যান্ট পুষ্টি। যখন চাই, যেভাবে চাই-

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