

DESHI MIX
 BY SALINA PARVIN


OFFAL RECIPES



Organ meat, sometimes referred to as 'offal,' includes the organs of animals that humans prepare and consume as food. The most commonly consumed organs come from cows, lambs, goats, pigs, chickens and ducks.

Today, most animals are born and raised for their muscle tissues; organ meats are often overlooked, with most meat typically consumed as steaks, drumsticks or ground into mince.

However, hunter-gatherers didn't just eat muscle meat. They ate the organs too, such as brains, intestines and even testicles. In fact, the organs were highly prized.

Organ meats can be a great addition to your diet. They are packed with nutrients, such as vitamins, and they are also an excellent source of iron and protein, and when cooked with FRESH's powder spices, a mouth-watering taste unlike any other.

The most common types of organ meat are: liver, tongue, heart, kidney, brain, sweetbreads, tripe etc.



ORGAN MEATS ARE HIGHLY NUTRITIOUS

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 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. What's more, animal protein provides all nine essential amino acids that your body needs to function effectively.

BENEFITS OF ADDING ORGAN MEATS TO YOUR DIET

Eating organ meat has several benefits, contains heme iron, which is highly bio-available, so it's better absorbed by the body than non-heme iron from plant food. It also keeps you full for longer, for high-protein diets can reduce appetite and increase feelings of fullness. They may also promote weight loss by increasing the metabolic rate. Offal helps retain mass, as a good source of high quality protein, which is important for building and retaining muscle mass.

Offals are a great source of choline, and are among the world's best source of choline, which is an essential nutrient for the brain, muscle and liver health. They are also cheaper cuts and reduce waste.

RISKS OF HAVING ORGAN MEAT

Organ meats are high in cholesterol and saturated fat. Cholesterol and saturated fat are now thought to be important for a balanced diet, but only if consumed in

moderation, otherwise leading to cardiovascular diseases and high blood pressure. The meat you eat should be neat and lack contamination, or else it will cause health problems. If the animal has any health problem, it may affect their organs and hence, transfer to the person eating it.

DEEP FRIED BRAIN

Ingredients

500g brain
 1 clove of garlic, peeled
 ½ tsp black pepper, 1 bay leaf
 Bundle of fresh herbs
 1 cup all purpose flour
 2 eggs, 1 cup milk, 1 cup bread crumbs
 Oil for deep frying, ½ tsp turmeric powder
 Salt to taste

Method

Pick the blood vessels of the brain and soak in cold water for 1-2 hour. In a pan, add 3 cups of water, and bring to boil. Add garlic, peppercorns, turmeric powder and herbs. Simmer for 10 minutes. Then gently lower the brains into the pan and simmer for 6 minutes. Remove the brains with a slotted spoon and let cool. When the brain is cold and firm, separate the lobes into 2 inch chunks. Meanwhile, prepare 3 bowls with the flour, the egg whisked with milk, and the breadcrumbs. Heat enough oil in a pan. Roll each brain segment in flour, then coat it in the egg mix, then coat it in the bread crumbs, and release into hot oil. Deep fry the brain until they turn golden brown and crispy. Drain on paper towels and serve immediately with some tangy pickle.

Photo: Sazzad Ibne Sayed
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