

1 tsp dry chili powder
1 tsp turmeric powder
1 tsp black pepper powder
Salt as per taste
2 eggs
4 cups+ water
½ cup oil
1 tsp paprika powder

Method

Clean the goat lung by pouring and removing couple of cups of water through its trachea. Repeat twice and turn the lung upside down to make sure all the remaining water and blood gets out. Finish up cleaning by pouring a few tablespoons of oil. Mix egg, salt, coriander, dry chilli and turmeric powder until it reaches the consistency of a cream. Pour the batter into the lung through the trachea. Start by pouring the batter with a cup. Make sure the batter doesn't flow out of the trachea. Tie up the trachea with kitchen twines/string. Now cook the lung by boiling or steaming. Once cooked, let it cool and then slice into half-inch thick pieces and a couple of inches wide. Sprinkle with choice of seasoning (I like paprika powder) and salt. Heat oil in a pan and fry until edges are slightly crispy. Serve hot.

MUSHROOM AND SPINACH STUFFED BEEF HEART

Ingredients

1 (1.75kg) whole beef heart
¼ cup ghee
½ cup onion, chopped
400g button mushroom, chopped
1 tbsp garlic, minced
1 tsp+ salt
1 tsp ground black pepper
1 tsp dry chilli powder
½ tsp nutmeg powder
½ tsp cinnamon powder
¼ cup Worcestershire sauce
200g spinach
3 cups beef stock
2 cups Oil

Method

Rinse the heart well under cold water, pat dry, and cut to open and remove strings, arteries, and blood vessels. Trim the excess fat.



In a large pot, add the ghee. Once the ghee is hot add onion, mushroom, salt, pepper and cook until softened, 4 to 5 minutes, and stir in nutmeg, cinnamon powder, spinach and garlic. Stir well until spinach is wilted. Continue cooking till liquid evaporates. Cool.

Preheat the oven at 200° C.

Lay the heart fatty side down and spoon the stuffing over it and spread in all the way to the edges. Roll the heart and tie it up with a few strands of butcher's twine, run one piece across lengthwise and 2 to 3 pieces crosswise. (If you ended up with a little too much stuffing, don't worry, you can preheat it later in a small pan and serve

it alongside the roast).

Take 2 cups of cooking oil in a large pan and sear the heart for 2 to 3 minutes each sides or until a nice golden crust forms.

Transfer the pan to the oven, add the beef stock and cover with foil paper. Cook for 45 minutes to 1 hour, depending on desired doneness.

Remove from the oven, tent loosely with foil paper and let it rest at least 10 minutes before slicing and serving.

Photo: Sahaheda Yesmin

Fortune

BEOL

adani
wilmar
For a healthy growing nation

The first
Rice bran oil in
Bangladesh with
1000mg Oryzanol

Fortune
FORTIFIED
RICE BRAN
OIL

Fortune
Basmati Rice

Exposure of
three perfect seasons
makes **Fortune** the finest basmati rice.

• Perfect Aroma • Perfect Length • Perfect Taste

MAKE THE
HEALTHIEST
CHOICE FOR
YOUR HEART



Hotline
09612777888

