

DESHI MIX

BY SALINA PARVIN



Of beef and biriyani

BEEF PASANDAY

Ingredients

1kg beef boneless
1½ tbsp red chilli powder
1 tsp black pepper powder
1 tsp turmeric powder
1 tbsp lemon and juice
2 tbsp poppy seeds
2 tbsp roasted chickpea flour
2 tbsp ginger garlic paste
1 cup yoghurt, ½ cup oil, 2 onions
2 tbsp whole garam masala
4 whole red chillies
1 tbsp ginger, chopped
2 tbsp coriander, 5 green chillies
2 tbsp mint
Salt to taste

Method

Hit beef with a hammer to tenderise. In a bowl, add beef, all the powdered and spices, roasted chickpea powder, lemon juice, and yoghurt and mix well. Keep in the refrigerator for 2 hours. Heat oil in a pan, and fry the onions until golden brown. Now add whole garam masala, whole red chilli and marinated beef. Stir well and cook for 30-40 minutes on very low heat. Now add chopped ginger, green chillies and cook for 5-7 minutes. When it is done, garnish with the coriander and mint leaves. Tasty beef pasanday is ready to serve.



Method

Mix mutton with yoghurt, ginger-garlic paste, red chilli powder, green chillies, coriander, mint, lemon juice, plums and salt. Mix well and set aside for half an hour. Heat some ghee in a pan and fry the onions till golden brown. Move half of it to an absorbent paper. To the remaining half in the pan, add the marinated meat. Cook on low heat, do not add water, and when the liquid dries, fry a little and remove from heat. Deep fry the potatoes and separately fry the tomatoes in a little oil and add both to prepared curry. Boil the rice with cardamoms, black pepper, cloves and salt. When the rice is half done, drain it in a

1kg basmati rice, soaked for 20 minutes
5 potatoes, lightly steamed, peeled and cut into large pieces
6 tomatoes, quartered
5 medium onions, finely sliced
1 bunch mint, chopped
8 whole green chillies
2 tbsp ginger-garlic paste
1 cup dried plums, soaked in hot water
1 tbsp red chilli powder
1 tbsp coriander powder
10 peppercorns
4 cloves
5 cardamoms
½ tsp black cumin seeds
¼ tsp yellow food colour (optional)
1 cup yoghurt
1 cup hot milk
1 cup ghee
Juice from two lemons
Salt to taste



strainer. Put a little oil in the base of pan and make a layer of half the rice. Then put a layer of the prepared curry and cover with a second layer of rice, pour in warm milk, and sprinkle food colour on top of it. Cover tightly and steam on very low heat for 20 minutes. Turn off the heat. Rest it for 15 minutes. Serve hot with raita.

BEEF TEHARI

Tehari is an authentic Bangladeshi aromatic rice that packs a pleasant punch, contributed by green chillies and curried beef. There are many versions of tehari, both vegetarian and non-vegetarian, in South Asia. However, Bangladeshi tehari is predominantly a rice dish that is always made with beef. Tehari is packed with flavours, and once you try it, there is no turning back.

Ingredients

1½kg beef, small pieces
1kg aromatic rice

1 tsp cumin
1 tsp coriander
4 sticks of cinnamon, 2 inches each
4 green cardamoms
10 black peppers
½ tsp nutmeg
½ tsp mace
¾ cup mustard oil
1 cup sliced onion
2 tbsp ginger paste
2 tbsp garlic paste
½ cup yoghurt
3 bay leaves, 8 cup water
1 cup milk
15 green chillies
1 tbsp ghee (for flavour)
Salt to taste

Method

Take cumin, coriander, cinnamon, cardamom, black peppercorn, nutmeg, mace and grind. Wash the meat and drain all water. Heat oil in a large pan and fry the sliced onion till brown. Add meat, ginger and garlic paste, yoghurt, salt, bay leaves and the ground spices. Cook in medium heat for about 25-30 minutes or until beef is cooked and tender. Add one cup of water, bit by bit, and stir the meat occasionally. Separate the meat, keeping the gravy and spices in the pan and set aside. In a same pan, add remaining water, ghee and milk, bring to boil and add salt. Add washed and drained rice and cover. Once the water boils again, add the whole green chillies and cook on medium heat. When rice is about 50 per cent done, add the cooked meat. Mix carefully so that rice does not become mashed and cook covered, on medium-low heat. Turn off the stove but keep the lid on for 15-20 minutes before serving. Serve with salad, kebab, and chutney.

Photo: Sazzad Ibne Sayed
Food and styling: RBR



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মাংসের স্বাদে
প্রাণ টিক দই যখন
থাকবে সাথে