



DESHI MIX
BY SALINA PARVIN



Foodies' DELIGHT

Here we are, drenched in summer's love. To make matters even more interesting, Eid-ul-Azha is fast approaching, and our tastebuds are just about on the verge of going haywire in anticipation of embarking on a gastronomic adventure.

So here are a few dishes, using **Rupchanda Lessorb Soyabean oil**, that are sure to catch the foodies-in-waiting's fancy.

BEEF SUKKHA (DRY MEAT CURRY)

Ingredients

1kg beef
10 black peppercorns
1 inch cinnamon stick
1 tsp fennel seeds
1 tsp fenugreek seeds
2 bay leaves
5 onions (3 chopped and 2 minced)
2 tbsp ginger garlic paste
2 tomatoes, chopped
4 green chillies, minced
1 cup grated coconut
1 tsp mustard seeds
1 tbsp red chilli powder
½ tsp turmeric powder
1 tsp cumin powder
1 tsp coriander powder
5 curry leaves
4 tbsp **Rupchanda Lessorb Soyabean oil**
Salt to taste

Method

Grind the peppercorns, cinnamon stick, bay leaves, fennel seeds and fenugreek seeds together into a dry powder. Add the red chilli powder, cumin powder and coriander powder to this mixture. Cook the beef with salt and water until tender and keep aside. Heat a tablespoon of **Rupchanda Lessorb Soyabean oil** in a deep bottomed pan. Add chopped onion to it. When the onion starts turning brown, add grated coconut to the pan. Cook for 5 minutes on low heat and keep aside. In the same pan, add 2 tablespoons of **Rupchanda Lessorb Soyabean oil** and season it with mustard seeds. When the mustard seeds pop, add the minced onion. Cook for 2 minutes. Add ginger garlic paste and sauté. Add the boiled meat and tomatoes. Stir for 2-3 minutes. Then add the

spices mixture and salt. Stir and cook for 5-6 minutes on low heat. Add a cup of water if it gets too dry, but make sure you increase the heat so that the water soaks up. Garnish with curry leaves before you serve it with boiled rice or rotis.

PESHAWARI RAAN ROAST (ROASTED LAMB LEG)

Raan, a famous dish in North eastern parts of the Indian continent, is basically the leg of a lamb that is cooked in the tandoor. This Indian mutton recipe is very popular in the Northern states of Punjab and Kashmir. The most important thing about a raan is that the meat should melt in your mouth. You need a special cut of the lamb's leg for cooking this delicacy. It is usually a large cut of the lamb leg including the thigh and is called the raan cut. This dish can be done with either ghee or butter, or with **Rupchanda's Lessorb Soyabean oil**.

Ingredients

1 leg of lamb
4 tbsp ginger garlic paste
2 tbsp lemon juice
1 tbsp vinegar
1 tbsp red chilli powder
½ tsp turmeric powder
5 cloves
1 inch cinnamon stick
4 cardamoms
10 peppercorns

1 tsp cumin seeds
2 tbsp yoghurt
1 tbsp fenugreek leaves
1 onion sliced
4 tbsp **Rupchanda Lessorb Soyabean oil**
Salt to taste

Method

Use a carving knife to make deep but small incisions on the lamb leg. This has to be done so that it absorbs all the spices properly. Pour the lemon juice and vinegar on the lamb leg and season with salt. Pat ginger garlic paste on the lamb leg and into the cuts. Keep it aside for an hour. Blend cumin seeds, peppercorns, cloves, cinnamon stick, turmeric powder and red chilli powder with a

fenugreek leaves and then sauté the onions in it. Pour the onions and extra butter on the roasted lamb leg. Cover it and cook it at 350° F for another 30 minutes. Leave it to set for 45 minutes. Serve Raan with onion rings, slices of lemon, green chillies and naan or roti.

BEEF BOTI MASALA

Ingredients

1 kg beef boneless
½ cup yoghurt, 1 tbsp ginger paste
½ tsp garlic paste
1 tsp red chilli powder
½ tsp black pepper powder
½ tsp cumin powder
½ tsp coriander powder
½ tsp nutmeg and mace powder
1 tsp garam masala powder
1 cup chopped onion
Whole garam masala, as needed
½ cup **Rupchanda Lessorb Soyabean oil**
½ tsp sugar
Salt totaste

Method

Cut the meat into one-inch cubes. Clean and pat dry with paper towels, and keep aside. In a bowl, mix yoghurt, ginger, garlic, cumin, red chilli powder, coriander, nutmeg, mace black pepper powder, garam masala, salt and sugar. Then coat masala paste with meat pieces well. Cover and marinate for 12 hours in refrigerator. Heat **Rupchanda Lessorb Soyabean oil** in a deep bottom pan and fry chopped onion and whole garam masala until brown. Add marinated meat and cook on high heat for 10-12 minutes. Now add a little water and cook on medium heat until soft and tender. Once cooked, and when the gravy is thick, turn off the flame. Transfer to a serving dish and garnish with fresh mint leaves. Serve with rice, naan or paratha.

Food prepared by Khazana



little water and make a thick paste. Mix this paste with curd, and marinate the lamb leg with it. Refrigerate this for at least 2 hours. Add 2 tablespoons of ghee, butter, or **Rupchanda Lessorb Soyabean oil** to a greased baking dish. Keep the lamb leg on it. Cook it uncovered in an oven, preheated to 400° F, for 30 minutes. Turn it around and cook for another 20 minutes. Meanwhile, put 2 tablespoons of **Rupchanda Lessorb Soyabean oil** in a shallow pan, season with