

DESHI MIX
BY SALINA PARVIN



Eid dishes with deshi spices

Eid-ul-Azha is just around the corner, and some are already looking forward to mouth-watering meat preparations. No wonder, as this Eid is largely about gatherings with your dear ones and delving into yummy food.

But all that depends on proper planning and great cooking skills, and the perfect recipes to make your guests keep wanting more!

SPICY CURRIED LIVER

Kalija for breakfast is a must. There is no use saving this part for later as it tastes best when cooked fresh.

Ingredients

500g beef liver
1 tbsp onion paste
2 tbsp chopped onion
1 tsp ginger paste
1 tsp garlic paste
2 tsp chilli powder
½ tsp turmeric powder
1 tsp coriander powder
1 inch cinnamon stick
2 cardamom pods
3 cloves
½ tsp roasted cumin powder
1 bay leaf
4 tbsp oil
Salt to taste

Method

Cut the liver into pieces and wash thoroughly. Heat oil in a pan. Add sliced onion, bay leaf, cinnamon, cardamom and cloves. Fry the onion till it turns transparent. Add ginger-garlic paste, red chilli powder, turmeric powder, coriander, onion paste and salt. Fry until the oil separates from the spices. Add the liver pieces and mix well. Add 1 cup water, cover, and cook for 10 minutes. Add roasted cumin seeds and cook on very low heat for another 5 minutes. When done, remove from heat. Serve hot with rice, paratha or roti.

TEHARI (SPICY BIRYANI WITH MUSTARD OIL)

Tehari is perhaps among the most popular festive dishes in Bangladesh, and commonly served with some green salad, pickles and borhani.

Ingredients

For the rice—

500g aromatic rice, washed and drained
2 pcs cardamom
2 sticks cinnamon
3 tsp oil
Water 900ml

For the marination—

1kg beef, cut into 1 inch pieces
1 tbsp garlic paste
1 tbsp ginger paste
1 tsp garam masala
1 tsp coriander powder



1 tsp poppy seeds
½ cup plain yoghurt
1 tsp red chilli powder
½ tsp black pepper powder
1 tbsp lemon juice
Salt to taste

Additional ingredients

1 cup thinly sliced onion
1 cup sliced onion, fried
1 tsp nutmeg-mace powder
½ cup milk
1 tsp sugar
¼ cup mustard oil
¼ cup ghee
1 tsp rose water
1 tsp kewra
8-10 green chillies

Method

To marinate the meat, add beaten yoghurt, ginger-garlic paste, chilli powder, salt, lemon juice, garam masala, pepper, coriander powder, poppy seeds paste and meat in a bowl. Mix well and set aside to marinate for 1 hour.

For cooking the meat, heat mustard oil in a pan. Add sliced onion and stir till onions turn light brown. Add marinated meat, salt, coriander powder, cumin powder, red chilli powder, milk, nutmeg and mace powder. Mix thoroughly and cook on high flame. Add 3 cups of water, bring to a boil, then add garam masala powder. Cover and cook on medium heat till the meat is almost cooked through.

For the rice, wash and soak it 20 minutes then drain all the water. In a large pan, boil 1 kg water, add rice, salt, cardamom, cinnamon stick and cloves. Cover and cook till rice is almost (80%) done. Then add cooked meat, fried onion, ghee, rose water, kewra water, green chillies and one tablespoon lemon juice to the pot. Slowly mix rice and meat. Cover and cook it on very low heat for 15 minutes. Turn off the stove, and leave the tehari covered for a further 15 minutes. Transfer to a serving dish. Garnish with the fried onion and serve hot with salad.

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