

The second day of Eid usually marks the onslaught of relatives that are done with managing their Qurbanis. If you are in the mood to try something different this year, give these ones a try:

NAMKEEN GOSHT

Ingredients

1kg beef pieces with bones, washed
½ cup cooking oil
1½ tbsp ginger paste
1 tbsp garlic paste
5-6 fresh green chillies
1 tsp freshly ground black pepper
1 tsp chopped fresh coriander
1 tsp chopped fresh green chillies
Salt to taste

Method

Heat oil on medium flame in a large wok. Add ginger, and fry for a few seconds. When fragrant, add in garlic and whole green chillies, and sauté for few seconds. Keep stirring and don't let the colour change. Put meat in the wok, mix well. Add salt and pepper, and stir. In few minutes, the meat will release its water. At this point lower the heat to low. Cover the wok and let it cook. Uncover and



stir at 20-minute intervals until done—about 1 hour. Usually the meat tenderises in its own water, but if required, a little water can be added. When cooked through, serve with a garnish of chopped green chillies, coriander and sliced ginger. Serve hot.

MUTTON GHEE ROAST

Mutton ghee roast is a delicious recipe from the Mangalorean cuisine. This recipe is an excellent dish for weddings and other festivals. The recipe today incorporates a special masala created by roasting a lot of spices to add more flavour to the roast, and the cooking method leaves the meat tendered than most other recipes.

Ingredients

To cook mutton—
1kg mutton (goat or lamb)
3 tbsp ghee
1 tbsp ginger garlic paste
1 tsp turmeric powder
Salt to taste
To make masala—
10 dry red chillies
1 tbsp coriander seeds
2 tsp cumin seeds
1 tsp fennel seeds
1 tbsp pepper corns
1 cinnamon stick
4 cloves
1 star anise
To grind masala—
1 inch ginger



2 clove garlic
1 lemon juice
4 tbsp water
To make mutton ghee roast—
¼ cup ghee
2 tbsp yoghurt



Curry leaves for garnishing
Salt to taste

Method

In a pan, melt ghee, add ginger garlic paste and turmeric powder. Mix well and add the mutton pieces, some salt, and sauté for 3-4 minutes. Then add just enough water to cover the mutton pieces. Cook until the water evaporates and the meat is soft and tender, and then keep aside.

Now, to make masala for mutton ghee roast, dry roast red chillies, coriander seeds, cumin, pepper corns, fennel, cinnamon, cloves and star anise. Roast the spices until you feel the rich aroma being released. Transfer all the spices to a blender, add a piece of ginger, garlic and some lemon juice. Grind it to a smooth paste by adding some water.

Now, to make mutton ghee roast, melt some ghee in a pan and add ground masala and yoghurt to it and mix well. Add some water and salt, and cook for a few minutes. You will notice that as the gravy takes a nice and thick consistency, the ghee separates. Now add the cooked mutton pieces and mix well with the gravy. Cook for 4-5 minutes on medium low heat. Finally, add some curry leaves and turn off the heat. The roast is ready.

SINDHI BIRYANI

Ingredients

1½kg mutton
1kg aromatic rice, soaked in water for half an hour
½kg potato, cut into large chunks
1½ cups oil

3 medium onions, sliced
2 tsp ginger paste
2 tsp garlic paste
1 cup tomatoes, chopped
10-12 aloo bukhara
4 tsp red chilli powder
5 cloves
5-6 green cardamom
2 cinnamon sticks
10 pcs black pepper
1 tsp cumin seeds
2 bay leaves
1 cup yoghurt
6 green chillies
2 tbsp coriander leaves
2 tbsp mint leaves
2 black cardamom pods
Salt to taste

Method

Slice the onion and fry it in oil until it is light brown. Take out ¼ of it and keep aside. Add ginger, garlic, tomatoes, aloo bukhara, salt, red chilli powder, cloves, cinnamon, black cardamom and bay leaves to the remaining fried onions. Fry this until the tomatoes are tender and the water is dry. Add meat, yoghurt and water. Cook on medium heat until the meat is tender and the water has evaporated. In a separate pot, boil the potatoes until they are half cooked. Now add green chillies, mint, coriander leaves and the half boiled potatoes to the meat. Simmer for 2-3 minutes. Your meat curry is done.

Boil the rice with salt, bay leaves, cinnamon stick and cardamom. Drain the water when the rice is half done. Now, take the rice and the meat curry, and make alternate layers of each in a pot. Sprinkle some food colour, fried onions and chopped leaves on top of each layer. Close the pot's lid tightly, making sure no steam escapes, and cook on low heat until the rice is fully done. Gently mix it before serving. Serve with raita.

Photo: LS Archive/Sazzad Ibne Sayed

“আমার রাঁধুনী আমি জানি”

গুঁড়া মশলা

“এতোদিন ধরে ব্যবহার করছি, আর আমি জানবো না? ভালো মশলার গুণ বুঝতে সময় লাগে না। রাঁধুনী'র কাছ থেকে সেই একই গুণ পেয়ে আসছি বছরের পর বছর।”

তাসনিম আশিক, পুষ্টিবিদ
কাদেরাবাদ হাউজিং, মোহাম্মদপুর, ঢাকা