

DESHI MIX

BY SALINA PARVIN



The DESHI royals

GHONO MAASH DAAL (WHITE LENTILS)**Ingredients**

2 cups maash daal (white lentil)
4 tbsp sliced onion
1 tsp ginger paste
1 tsp garlic paste
½ tsp ground turmeric
4 to 5 green chilli
2 to 3 chopped coriander leaves
1 tsp panchforon (a mixture of fennel, mustard, fenugreek, cumin, and black cumin)
2 to 3 dry chilli
1 tsp chopped ginger
1 tsp chopped garlic
Salt as needed
¼ cup oil
2 tbsp ghee
1 tsp pickle as condiment

Method

Sauté the dry lentils lightly in a heated pan. Now soak the lentils for about 15 minutes in water. Clean and dry the lentils. Add 4 to 5 cups of water into the pan and start heating. Skim off the white foams as the water starts boiling. Stir in the ginger paste, garlic paste and turmeric. Keep over medium heat.

As the lentil softens and the water starts drying up, add in the green chilli and salt. Stir thoroughly and keep covered over low heat. Heat oil in a separate pan and fry the onion, chopped ginger and garlic until they turn brown. Add the panchforon and dry chilli. Fry for another 2 minutes and pour all ingredients into the other pan with lentils.

Stir in the coriander leaves with lentils. Keep covered for another 2 to 3 minutes. Now mix in the ghee before serving hot.



Serve with parathas or rice and pickle on the side.

MUTTON KUNNA WITH SUNFLOWER OIL

Mutton kunna, also known as kunna gosht, is very popular in Asian cuisine. Traditionally kunna gosht is cooked in a round clay pot. This dish uses few spices and cooks for 2-3 hours.

Ingredients

½ cup sunflower oil
1 kg mutton shank, chops (50-60 gram each piece)
1 large onion, chopped
1 tbsp ginger paste



1 tbsp garlic paste
1½ tbsp chilli powder
1 tsp turmeric powder
1 tbsp coriander powder
1 tbsp roasted cumin seeds powder
½ tsp garam masala powder
½ cup wheat flower mixed water
Salt to taste

Method

Heat oil in a clay cooking pan and cook the meat for a few minutes on high heat till it changes colour. Turn the heat to medium and add onion, chilli powder, turmeric powder, ginger-garlic paste, coriander powder, and salt. Mix well and cook for 5-6 minutes or till the oil separates. Add 5-6

cups of water and cook for 1 hour with the lid on.

When the meat is tender, add the wheat flower mixed water and roasted cumin seeds powder. Mix well and cook for another 15 minutes on low heat. Turn off the heat. Leave for 4-5 minutes and serve hot.

Photo: Sazzad Ibne Sayed

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