

PICKLE MEAT combo



It is that time of the year again and what better way to prepare ahead than to do some research on which dishes to cook? It saves precious time in thinking and prepping ingredients on the Eid day. Give yourself a break and stick to these scrumptious, mouth-watering and easy recipes that are great as breakfast, lunch, and dinner, or even as afternoon snacks.

MORICH KEEMAR ACHAAR (STUFFED PEPPER WITH GROUND BEEF)

Ingredients

8 Jalapeno peppers
200g ground beef
4 tbsp chopped onions
1 tbsp chopped garlic
1 tsp paste ginger
1 tsp garlic paste
½ tsp fried cumin powder
6 tbsp tamarind
Salt as needed
6 tbsp oil

1 tsp of PRAN OLIVE PICKLE

Method

In 2 cups of water in a pot, boil beef with garlic and ginger paste over low heat until the water dries out.

In a separate pan, heat up some oil and brown onions. Mix in the beef and fry until the meat is completely done. Let the meat cool before adding cumin powder and 3 tablespoons of tamarind and set aside.

Clean the peppers and while keeping the stems intact, split them lengthwise through the centre. Discard the pulp. Stuff each pepper with the beef mix and set aside.

In a separate pan, heat up some oil and brown the garlic completely before adding

the remainder of the tamarind. Then add the stuffed peppers into the pan and turn the flame down to a low heat and cover. Turn the peppers every 2 to 3 minutes.

Serve hot once done with a side of PRAN OLIVE PICKLE.

BEGUN KEEMAR KHAGINA (EGGPLANT KEEMA KHAGINA)

Ingredients

1 cup ground beef
1 medium sized eggplant
4 tbsp chopped onions
1 tbsp chopped garlic
4 to 5 chopped green chilli
2 tbsp chopped coriander
1 tbsp chopped ginger
1 tbsp whole cumin
1 tsp salt
¼ cup of oil
1 tsp of PRAN MANGO PICKLE, as condiment

Method

In 2 cups of water, combine the ground beef with the garlic and ginger paste and put aside. Cut eggplants into small circular pieces and season them with salt. Once the eggplants have softened and have completely dried, grill them till they are soft and set aside.

In a pan, heat oil and fry onion, garlic, ginger and cumin. Mix the ground beef in and sauté over low heat for five minutes.

Assemble the ground beef and eggplants in layers with green chilli and coriander in between. Beat eggs and pour onto the assembled dish. Place the entire dish in a steamer on a low heat and let it cook until the water dries out and a soft egg layer appears on the top. Serve hot and fluffy

with a dollop of PRAN MANGO PICKLE.

MUTTON BOTI KA-BAB

Ingredients

1 kg boneless meat
250g onions, sliced
2 tbsp ginger paste
1 tbsp garlic paste
2 tbsp chilli powder
1 tsp black pepper powder
2 tsp crushed cloves
1 tsp crushed cardamom
4 tbsp plain yoghurt
Salt as needed
½ cup of oil
1 tsp of PRAN OLIVE PICKLE

Method

Clean the meat, cut into medium sized pieces, and marinate with ginger and garlic paste and salt.

In a separate heated pan, fry the beef lightly and combine all the other ingredients except for the yoghurt and stir properly. Then add the yoghurt and stir for a further 4 minutes, pour in 5 cups of water and close the lid of the pan on medium heat.

When the water starts boiling, lower the heat and cook for a further 90 minutes, stirring occasionally. Take the pan off the heat once the meat has softened and the water has evaporated; at this point the oil will have separated as well.

Serve hot with bread or paratha, and PRAN OLIVE PICKLE.

Recipes compiled by Supriti Sarkar
Product: PRAN Pickles



Fishing for saucy dips

Take a break from all those traditional red meat dishes this Eid and indulge in something light, saucy, and addictive — fish!



PAN SEARED FISH

Ingredients

340g fish fillet
1 tsp fish seasoning
½ tsp salt
1 tsp black pepper
¼ cup vegetable oil
½ pound all-purpose flour
1 tsp of PRAN TOMATO SAUCE as a condiment

Method

In a bowl, mix the fish seasoning, salt and pepper and fish properly. Cover the dish and place in the fridge for 2 hours.

Over a medium flame, heat a non-stick sauté pan. Flour the fish lightly and place it in the pan and sear both sides until golden brown. This should not take more than 3 minutes for each side. Place the fish on a paper towel to remove the excess oil. Serve with a side of PRAN TOMATO SAUCE.

ONE POT SEAFOOD PASTA

Ingredients

1¼ cup pasta of your choice
2 tbsp olive oil
3 cloves garlic, minced
½ cup of shelled and deveined shrimp
1 cup of squid, cut
½ cup of mussels
1 can peeled tomato
2 tbsp PRAN TOMATO SAUCE
1 tbsp chopped fresh basil leaves
Salt to taste
1 tsp sugar/brown sugar

Chopped parsley, for garnishing

Method

Prepare the pasta as per the instructions on the package. Blend the whole can of peeled tomato sauce with the PRAN TOMATO SAUCE in a blender or food processor and put aside.

In a skillet, heat up some olive oil and add garlic. Make sure the garlic is properly sautéed before adding the shrimp, mussels, and squid. Stir well and then add PRAN TOMATO SAUCE and basil leaves. Cook until the seafood is close to ready and season with sugar and salt.

Add the cooked pasta and stir well to combine with the sauce. Top it off with some chopped parsley and serve.

HOMEMADE SPAGHETTI SAUCE

Ingredients

6 cloves of garlic, crushed
2 shallots, or 1 small onion
½ cup fresh basil
1 tbsp fresh thyme and oregano
1½ cups of tomatoes
2¼ cups of PRAN TOMATO SAUCE
1 tbsp unsalted butter
1 tsp of salt
½ tsp of pepper
2 tbsp olive oil

Method

Blanch the tomatoes. In a pot, bring water to boil and add all the tomatoes and cook for 4 minutes. Once the skin starts to come off, remove the tomatoes from the water

into a bowl of ice water. When the tomatoes have completely cooled down, you should be able to peel the skin off easily. Make sure to discard the stem areas. Place the skinless tomatoes in a bowl and put aside. Heat 2 tablespoons of olive oil in a large pot over a medium heat and then add the garlic, shallots or onions and sauté for 3 minutes. Make sure to keep stirring.

Smash the tomatoes with a potato masher and add into the pot. Let it cook for 10 more minutes. Add 2 ¼ cups of PRAN TOMATO SAUCE, chopped basil, oregano, and thyme as well. Smash up the herbs with the sauce to release their natural oils. Add roughly a tablespoon of sugar to balance the acidity from the tomatoes and season with salt and pepper. Cook for another 5 minutes, stirring and smashing until your desired consistency is achieved. If it becomes too watery then add a little bit of tomato paste or just let some of the water evaporate.

Bring the flame down to a medium heat and add a tablespoon of butter to the sauce right before you take it off the heat. Do taste the sauce while it simmers and adjust the flavours accordingly. Season it and add a little bit more of sugar if needed or even herbs. Add your favourite kind of pasta and top it off with basil leaves and parmesan.

Recipes compiled by Supriti Sarkar
Product: PRAN Sauce

