



DESHI MIX
BY SALINA PARVIN



Aiburo bhaat

An integral part of the wedding celebrations here is the 'aiburo bhaat' — a symbolic sendoff meal arranged by the family, featuring delectable dishes the bride is fond of. Traditionally hosted by the family a day before the big day, nowadays, families host this feast for their beloved children two-three days in advance.

KOSHA MANGSHO

Ingredients

For the marinade —

- 1 kg mutton
- ½ cup hung curd
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 tbsp mustard oil

For the gravy —

- 2 tbsp mustard oil
- 2 bay leaves
- 3-4 green cardamom



Our weddings are both elaborate and diverse, and every community has its own set of rituals, traditions, and ceremonies, making the entire extravaganza a memorable affair for both the couple, and their families.



- 1-inch cinnamon stick
- 2-3 cloves
- 3-4 dry red chillies
- 1 tsp sugar
- 1 cup sliced onion
- ½ cup tomato, chopped
- 1 tsp coriander powder
- ½ tsp cumin powder
- 2 tsp red chilli powder
- 1 tsp turmeric powder
- ½ tsp garam masala powder
- Salt to taste

Method

Mix all the ingredients and marinate the meat pieces for 3-4 hours.

Heat mustard oil in a pan. Add whole garam masala, bay leaves, and dry red chilli. Fry for few seconds.

Add onion and fry till light brown. Add ginger-garlic paste, and fry until nicely

browned. Add tomatoes and cook for 1 minute. Now add the mutton pieces and fry for 5-6 minutes. Add red chilli powder, turmeric powder, coriander powder, cumin powder, and salt.

Cook for another 2 minutes. Now add a cup of water and cook with the lid on. After 5 minutes, open the lid and add garam masala powder and sugar to it. Cook for 3-4 minutes on low heat until the gravy is thickened.

Garnish with fresh coriander and serve.

YOGHURT CHICKEN CURRY

Ingredients

- 1 kg chicken
- 3 tbsp ghee
- 2 tbsp vegetable oil
- 3-4 clove
- 2 green cardamom
- 1 cup onion, chopped
- 2 tsp ginger-garlic paste
- 2 tsp muskmelon seeds
- 2 tbsp poppy seeds
- 10-12 cashew nuts
- 1 tsp turmeric powder
- 2 tsp red chilli powder
- ½ tsp garam masala powder
- 4 tbsp yoghurt
- Salt to taste
- Fresh coriander, for garnishing
- 3-4 boiled eggs, cut into halves

Method

Soak poppy seeds, muskmelon seeds, and cashew nuts in warm water for 30 minutes. Grind to a paste. Heat oil and ghee in a pan. Add cloves, green cardamom and fry for a few seconds. Add onion and fry till translucent.

Remove the pan from heat and let the onion mixture cool. Once cooled, put the mixture in a grinder, along with a little water to make a smooth paste. Transfer the paste in the pan, along with the seeds and the nuts paste. Add little water if required. Cook for a minute.