

DESHI MIX BY SALINA PARVIN

# Aiburo Abhaat Dinaat

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.

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

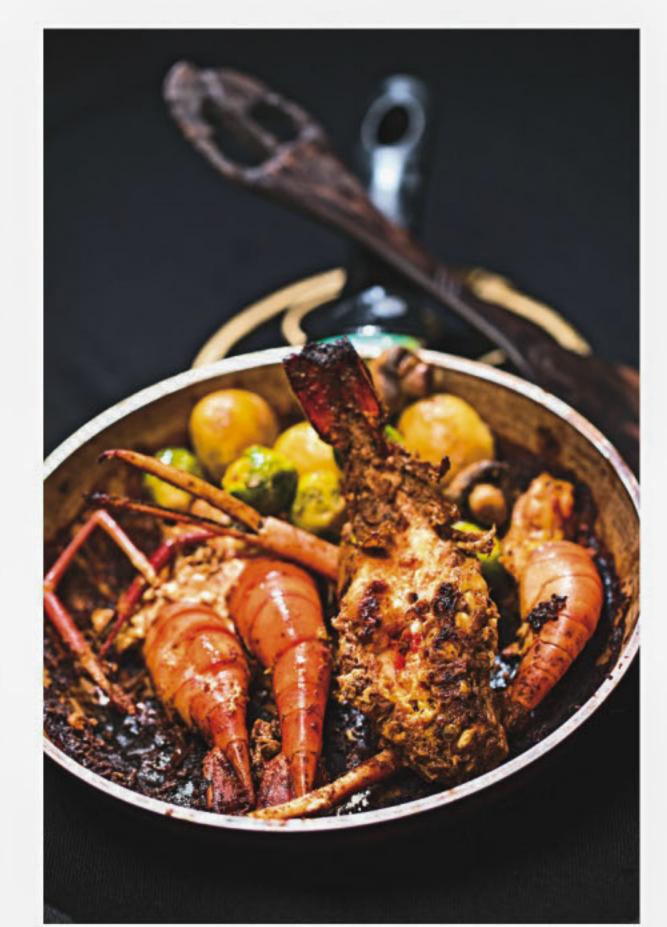
1 tbsp mustard oil

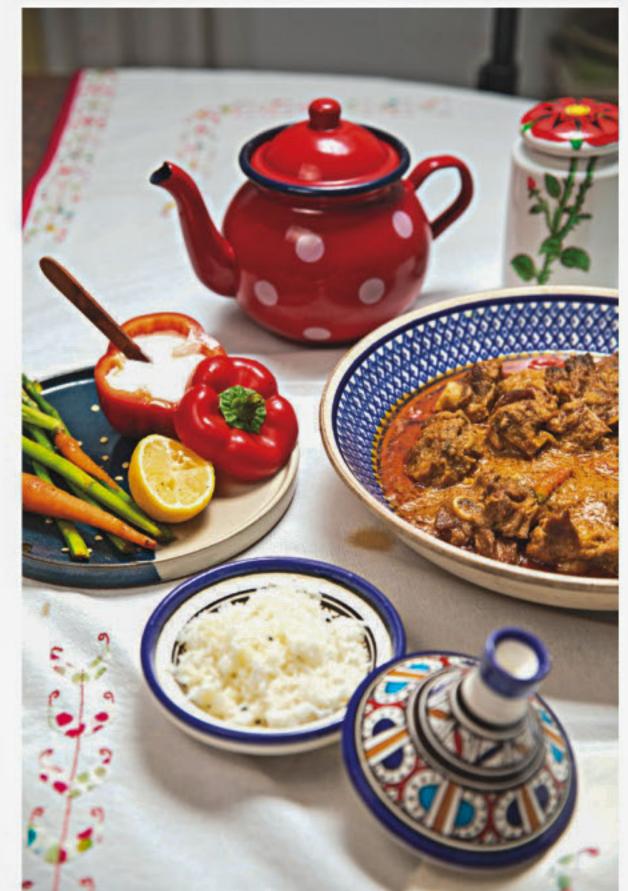
For the gravy —

2 tbsp mustard oil

2 bay leaves

3-4 green cardamom





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

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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.