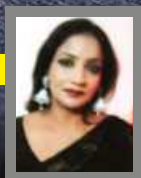




DESHI MIX
SALINA PARVIN



KEBABS

mouth-watering grilled delicacies



The word 'kebab' is derived from an Arabic word 'cabob' which means 'to burn or char'. Most of the famous kebabs like galouti, shami, and kakori originated in the royal kitchens.

The smoky, char-grilled aroma and melt-in-mouth texture of kebabs can easily get you hooked. Kebabs usually served as an appetiser with chutneys and dips, kebabs are made with minced meat and mild spices. Though lamb is the original meat used in kebabs, this dish has been localised to include beef, goat, chicken, and meat varieties.

The history of the kebab traces back to both Asian and African cuisines. Kebabs are considered to have originated in Turkey

when soldiers used to grill chunks of freshly hunted animals skewered on swords on open field fires. The name was firstly discovered in a Turkish script, which is the oldest known source where kebab started as a food item.

Kebabs are usually cooked on a grill or barbecue or baked in a pan in an oven. Some of the kebabs are deep fried or shallow fried on a pan and served with various accompaniments according to each recipe.

SHAMI KEBAB

The history of shami kebab is quite interesting. They were first made by a highly skilled chef for the toothless and aging Nawab of Lucknow, Wajid Ali Shah. The Nawab had lost all his teeth. However, his desire for meat continued. Hence, this melt-in-the-mouth kebab was prepared in his royal kitchen to satisfy the Nawab's love for meat. The kebab was made so fine that it required no teeth to eat. Shami is an Urdu word, which refers to "sham", meaning evening. Although this kebab is made for evening snack with tea, we enjoy it on all occasions.

Ingredients

500g boneless mutton, cut into small cubes
½ cup chickpeas (soaked in water)

4 green cardamoms
4 cinnamon sticks
2 tsp red chilli powder
1 tsp turmeric powder
2 tbsp ginger-garlic paste
½ tsp caraway seeds (shahi jeera)
3 tbsp deep fried onion
1 tbsp chopped green coriander
½ tsp chopped green chilli
2 eggs
Salt to taste
Oil for frying

Method

Soak chickpeas in water for about 2 hours and let the water drain out. In a pan, add the meat, water, chickpeas, cardamoms, cinnamon sticks, red chilli powder, turmeric powder salt, and ginger-garlic paste. Bring the mixture to a boil. Reduce the heat and continue to cook it until all the water has evaporated and the meat is tender. Remove the pan from the heat and keep aside to cool. Remove the whole spices.

Grind the meat in a food processor alone with the green chilli, caraway seeds, and green coriander. Now add eggs and fried onion, mix well. Divide the mixture

into equally portions and shape each of them into a flat kebab. Heat oil in a pan and shallow fry the patties until golden brown. Remove and drain the excess oil on kitchen towels. Serve hot.

SEEKH KEBAB

Seekh kebabs are spicy and extremely flavourful, a sure success at any occasion. They can be either grilled over a BBQ or baked in the oven or pan-fried on the stove-top, and are commonly served with a salad, naan, paratha and a variety of dips.

Ingredients

½ kg bone less beef (thinly sliced)
1 tsp red chilli powder or according to your taste
1 tsp cumin powder
1 tsp coriander powder
1 tsp garam masala powder
2 tsp ginger paste
2 tbsp chickpea powder
2 tbsp plain yoghurt
2 tbsp lemon juice
1 tbsp seekh kebab masala