

DESHI MIX

SALINA PARVIN



Recipes for The Eid Spread 2022

PANEER TIKKA PULAO

This festive season, surprise your loved ones with this exotic Paneer Tikka Pulao. The juicy paneer and vegetables are marinated in a dense blend of curd and spices, before being cooked on a tawa, and finally tossed in with the rice to make a finger-licking delicacy.

Ingredients

For the paneer tikkas —

1½ cups cottage cheese, cut into cubes

½ cup capsicum, cut into cubes

½ cup onion, cut into cubes

½ cup thick curd

½ cup gram flour (besan)

1 tsp ginger paste

1 tsp garlic paste

2 tsp chilli powder

½ tsp garam masala powder

Salt to taste

2 tbsp oil

For the rice —

2 cups long grained

rice (basmati), soaked

for 15 minutes and

drained

1 tbsp oil

½ tsp cumin seeds

2 cloves

1 bay leaves

1 stick cinnamon

Salt to taste

For garnish —

A sprig of mint

2 tbsp fried onion

Method

For the paneer tikka

Combine the curd, gram flour, ginger-

garlic paste, chilli powder, garam masala,



coriander, salt and 1 tablespoon of oil in a bowl, mix well to prepare a marinade. Add the paneer, capsicum and onion to it, mix gently and keep aside for 10-15 minutes. Arrange the paneer, capsicum and onions on skewer sticks. Heat the remaining 1 tablespoon of oil on a non-stick griddle and cook the paneer tikkas for 4-5 minutes or until they are lightly browned. Remove from skewers and keep aside.

For the rice

Heat oil in a deep non-stick pan, add cumin seeds, cloves, bay leaves and cinnamon, sauté on a medium flame for a few seconds. When the cumin seeds crackle, add rice and salt, sauté on a medium flame for 2 minutes. Add 4 cups of hot water. Cover with a lid and cook for 10-15 minutes or till rice is cooked. Separate each grain of rice very lightly with a fork and keep aside.

Heat oil in another broad non-stick pan, add the paneer tikkas and rice, mix gently and cook on a medium flame for 1-2 minutes, while stirring occasionally. Serve

immediately with fried onion and a sprig of mint.

MUTHI KEBAB

Muthi kebab is purely a Punjabi dish. Everyone will love these juicy kebabs. Serve hot with different kinds of dip.

Ingredients

500g meat mince

2 onions, chopped

1 tbsp chopped coriander leaves

3 chopped green chillies

2 tsp ginger paste

1 tsp garlic paste

2 medium tomato, chopped

1 tbsp chopped mint leaves

1 tsp chat masala

1 tsp kebab masala

2 red pepper, crushed

½ tsp pomegranate seeds powder

1 egg

3 tbsp gram flour (pan roasted)

½ tsp cumin seeds powder

Oil for fry

Method

In a bowl, put minced meat and add all the ingredients except oil. Mix with your hands until well combined and let stand for 30 minutes to blend flavours. Now take a handful of the mixture and give them oval-like shape. Then heat oil in a pan. Deep fry the kebab until golden brown. Remove on a platter and serve hot.

DHUWAN DAHI GOSHT

Dhuwan dahi gosht is a Pakistani dish famous for its unmatched taste. Dhuwan dahi gosht is mutton cooked in a spicy yoghurt based gravy and then infused with a fragrant smoky flavour



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