

Ingredients

1 kg mutton
1 cup yoghurt
½ cup clarified butter
8-10 green chillies
1 tbsp red chilli flakes
1 tbsp cumin seeds
1 tbsp coriander seeds powder
1 tbsp mustard seeds powder
1 tbsp crushed fennel seeds
2 tbsp ginger-garlic paste
Salt to taste
Few coals
For garnishing —
Fresh coriander
Ginger slices

Method

Heat clarified butter in a pan over medium heat. Sauté ginger-garlic paste in it. When it turns golden brown, add mutton and cook for 10-12 minutes or until it starts to change its colour. Add yoghurt, green chillies, red chilli flakes, cumin seeds, coriander seeds powder, mustard seeds powder, crushed fennel seeds, salt and 2 glasses of water. Cover the lid and cook for 45 minutes or until meat is tender. Remove the lid and cook on high flame for 2-3 minutes.

Now fire up few coals and place on an aluminium sheet and place inside the cooking pot. Put few drops of oil and cover the pan. Let it simmer for another 5 minutes. Remove coal and dish it out. Garnish with fresh coriander and ginger. Serve hot with naan, paratha or rice.

GRILLED MUTTON CHOPS

Ingredients

6 large mutton chops
2 tbsp ginger paste
1 tbsp garlic paste
1 tbsp raw papaya paste
1 tbsp lemon juice
3 tbsp yoghurt
1 tsp dry red chilli, crushed
1 tsp red chilli powder
1 tsp garam masala powder
1 tsp coriander powder
1 tsp cumin powder
1 tbsp mustard oil
1 tsp mustard paste
Salt to taste

Method

In a bowl, mix together all the ingredients for marination. Marinate the mutton chops in the mixture for 5-6 hours or overnight. Heat oil in a pan, discard the extra marinade and fry the mutton chops on both sides for 2 minutes each. Fry on high heat so that the juices get sealed. Remove from heat. Preheat the oven at 200° C. Place the rack near the top flame. Transfer the chops to a baking dish and bake in oven for 10 minutes. Turn the chops on the other side and bake for another 10 minutes. Remove from oven and serve hot.

MURGH MAKHMALI

Ingredients

1 chicken, cut into 4 pieces
2-inch fresh ginger, peeled and minced
4 garlic clove, peeled and minced
4 tomatoes, diced roughly
4 green chillies, chopped
1 tsp cumin
1 tsp chilli powder

½ tsp red pepper flakes
½ tsp turmeric powder
½ tsp garam masala powder
½ cup yoghurt
2 tbsp fresh coriander leaves, chopped
2 tbsp oil
Salt to taste

Method

In a bowl, add yoghurt and chicken pieces, mix well. Keep aside for half an hour. In a large wok, heat oil over medium high heat. Add the ginger and garlic. Sauté for 10-15 seconds. Add the chicken pieces and cook for 2 minutes or until lightly browned on all sides. Reduce the heat to medium low. Add the tomatoes, chillies, cumin, red pepper flakes, salt and turmeric powder. Mix well. Cover the pan and simmer until the chicken is cooked through and the liquid is mostly absorbed. Remove the lid and cook uncovered until it thickens. Garnish with slices of fresh ginger, sliced chillies and fresh coriander leaves. Serve with warm rice, pulao or naan bread.

MUGHLAI BEEF FILLET CURRY

The beef yoghurt marinade creates a rich wonderful gravy and almonds add a Mughlai touch. It is

the beef fillets into the masala mixture, marinate it for 1 hour. Heat oil and ghee in a pan, add onion and ground red chillies and fry it. Now add marinated beef fillet in it. Mix well and cover with lid, cook for 8-10 minutes. Add yoghurt, ginger-garlic paste, hot spices and pinch of salt, stir and mix well. Cover and cook on low heat until tender. Add fried onions and cook for another 5 minutes. When it is done, garnish with the coriander leaves. Serve hot with rice, naan or chapati.

THAI GRILLED WHOLE FISH

Ingredients

1 medium sized fish (red snapper, sea bass, sea perch or any other white fish), cleaned
Salt to taste
2 limes
For the sauce —
½ cup water
½ tbsp tamarind paste
3 clove garlic
1 tsp brown sugar
1 thumb-size piece ginger, peeled and sliced
1 cup fresh coriander
2 tbsp fish sauce
½ red bell pepper (de-seeded and diced)
2 fresh red chillies, minced

Method

Prepare fish by rinsing it, then patting it dry. Make 2 to 3 diagonal cuts on the side of the fish with the knife. The cuts should be several inches apart. Squeeze the lime juice over and inside the fish. Sprinkle salt, mix and set aside while you prepare the sauce. Place water, tamarind paste, garlic, ginger, sugar, coriander, chilli and fish sauce in a food processor. Whisk well. Pour the sauce into the saucepan. Add pepper and simmer over medium low heat for 6-8 minutes. Cover and keep warm while you cook the fish. Grill the fish on the barbecue. Do not flip the fish too early, allow it to cook at least 3 minutes before turning. Turn and cook the other side for 3 minutes more. To serve, plate the fish and pour the prepared sauce over. Garnish with fresh coriander and wedges of lime.

SHUFTA

Shufta is a traditional Kashmiri dessert, especially made during festivals and weddings. It is a mixture of various dry fruits and spices.

Ingredients

½ cup almonds
½ cup cashew nuts
½ cup raisins
½ cup pistachio
½ cup walnuts
10-12 dry dates
½ cup dry coconut, cut into thin slices
½ cup cottage cheese, cut into small pieces
½ cup ghee
2 cups sugar
½ tsp cinnamon powder
½ tsp cardamom powder

½ tsp dry ginger powder
Saffron, a pinch
2 tbsp dried rose petals

Method

Soak almonds, cashew nuts, raisins, pistachio and walnuts in enough water for 30 minutes. Soak dry dates in another bowl. Cut the soaked dates into small pieces and remove the seeds. Heat ghee in a pan. Fry the coconut till slightly browned. Remove in a plate. Fry cottage cheese pieces in the same ghee till slightly browned. Drain the water from the dry fruits and add them in the pan. Add the fried coconut. Add sugar, cinnamon powder, cardamom powder, saffron, dry ginger powder and rose petals in the pan. Cook till sugar is dissolved. Serve immediately. If making it for later use, re-heat before serving

PEANUT BUTTER BARS

Ingredients

1 cup butter
2 cups cracker crumbs
2 cups powdered sugar
1 cup peanut butter
½ cup chocolate chips
4 tbsp peanut butter for spreading
1 tbsp mixed chopped nuts

Method

In a medium bowl, mix together the butter, cracker crumbs, sugar and 1 cup peanut butter until well blended. Press evenly into the bottom of a greased pan. In a microwave safe bowl in the microwave, melt the chocolate chips with the 4 tablespoons of peanut butter, stirring occasionally until smooth. Spread over the prepared crust. Refrigerate for at least one hour before cutting into squares. Garnish with chopped nuts and serve.

RABRI MALAI ROLL

Ingredients

6 bread slices
2 litre milk for rabri
1 cup milk powder
1 cup milk for mawa
1 tbsp ghee
½ tsp cardamom powder
2 tbsp pistachios, chopped
Pinch of saffron
4 tbsp sugar

Method

Boil milk in a heavy bottom pan until it gets thick in consistency. Collect malai and stick it to the inner side of the pan. Now add sugar and saffron and cook till sugar dissolves in milk and switch off the flame. Rabri is ready, allow it to cool.

Now cut all sides of breads and flatten it by using a roller and keep aside. Heat ghee in a pan. Add one cup of milk and milk powder. Stir continuously and add 1 tablespoon of sugar. Cook until the mixture gets thick. Remove from heat and keep aside to cool. Take the mixture in portions and make rolls out of them. Now take a bread and put that mawa on it and roll the bread while stuffing the mawa inside. Heat again ghee or oil in a pan. Fry the stuffed bread roll until golden brown. In a serving plate, arrange the fried rolls and put rabri on top of it. Sprinkle chopped pistachio and serve.

Photo: Sazzad Ibne Sayed
Food and Styling: RBR



especially perfect for beef lovers, on Eid.

Ingredients

1 kg beef fillet
20g fresh coriander
15g ground red chilli
1 tbsp hot spices
½ cup almonds and sesame paste
½ cup green masala (blend coriander leaves, mint and green chillies)
2 large chopped onions
250g yoghurt
3 tbsp ginger-garlic paste
2 tbsp fried onions
4 tbsp ghee
2 tbsp oil
Salt to taste

Method

In a bowl, put green masala, almonds, sesame paste and salt, mix well. Then, put