

DESHI MIX
SALINA PARVIN



Delicious meat recipes to try this Eid-ul-Azha

Eid-ul-Azha is just around the corner, and that usually means a refrigerator full of meat for you to cook up a storm. And here are the perfect recipes to accompany you in said cooking adventure.

BONELESS CREAMY BEEF HANDI

Ingredients

- 1 kg boneless beef, cut into thin slices
- ½ cup onion paste
- 250g yoghurt
- 1 tbsp ginger paste
- ½ tbsp garlic paste
- 4-5 green chillies
- 1 tsp crushed black pepper
- ½ tsp white pepper powder
- 1 tsp cumin powder
- ½ tsp all spice powder
- ½ tsp nutmeg and mace powder
- ½ tsp coriander powder
- ½ cup cream
- 4 tbsp clarified butter
- Salt to taste
- Almonds as required

Method

Heat clarified butter in a pan, add onion paste and fry. Add ginger-garlic paste and fry. Then add boneless beef and fry for 2-3 minutes. Now add yoghurt, all the spices and salt. Mix well and cook for 5 minutes. Then add 1 cup of water and almond paste, mix it well. When the beef is tender and the oil separates, add cream and mix it well. Take it out in a serving bowl and garnish with almond slices.



BEEF PASANDAY

Ingredients

- 1 kg beef boneless
- 1 ½ tbsp red chilli powder

- 1 tsp black pepper powder
- 1 tsp turmeric powder
- 1 tbsp lemons juice
- 2 tbsp poppy seeds
- 2 tbsp roasted chickpeas flour
- 2 tbsp ginger garlic paste
- 1 cup yoghurt
- ½ cup oil
- 2 onions
- 2 tbsp whole garam masala powder
- 4 whole red chilli
- 1 tbsp chopped ginger
- 2 tbsp coriander
- 5 green chillies
- 2 tbsp mint

Salt to taste

Method

Hit beef with a hammer. In a bowl, add beef, all the spices powder and paste, roasted chickpeas powder, lemon juice, yoghurt and mix them well. Keep in the refrigerator for 2 hours. Heat oil in a pan, fry the onion until golden brown. Now add whole garam masala, whole red chilli and marinated beef. Stir well and cook for 30-40 minutes on very low heat. Now add chopped ginger, green chillies and cook for 15 minutes. When it is done, garnish with the coriander and mint leaves. Tasty beef pasanday is ready to serve.

TAWA KALEJI

Ingredients

- 1 kg beef or mutton liver
- 1 tbsp garlic paste
- 2 tsp ginger paste
- 1 tbsp red chilli powder
- 1 tsp turmeric powder
- 1 tsp cumin, toasted and crushed
- 1 tsp coriander, toasted and crushed
- ½ tsp garam masala powder
- ½ cup onion, finely chopped
- 4 green chillies, thinly chopped
- 2 tbsp fresh chopped coriander leaves
- 250g chopped tomatoes

- 1 tbsp lemon juice
- ½ cup oil
- Salt to taste

Method

Cut liver into small cubes and wash properly. In a bowl, marinate liver with ginger-garlic paste, red chilli powder, turmeric powder, crushed cumin, crushed coriander seeds, garam masala powder, lemon juice and salt. Cover it and leave it for 2 hours. Heat oil in a griddle or frying pan. Add onion and fry for few minutes. Put the marinated liver and stir. Stir fry till the liver is cooked and the spices are well combined. Sprinkle chopped green chilli and coriander leaves on top. Serve hot tawa kaleji with naan, chapatti or paratha.

GALOUTI KEBAB

Ingredients

- 500g mutton mince
- 1 tbsp ginger paste
- 1 tsp garlic paste
- 25g papayas
- 1 tsp red chilli powder
- 2 tbsp butter
- ½ tsp ground mace
- ½ tsp garam masala powder
- 2 tbsp roasted chickpeas flour
- Ghee as required
- Salt as required

Method

Wash and drain the mince and refrigerate for 15 minutes. Peel and deseed the papaya, put in a blender and make a fine paste. Mix all the ingredients, except the ghee with the refrigerated mince. Refrigerate for another 30 minutes. Divide into equal portions, apply a little melted ghee on the palms and flatten the mince into patties. Heat ghee in a pan and shallow fry over low heat until both sides brown evenly. Serve hot.

Photo: Sazzad Ibne Sayed
Food and Styling: RBR



The oil of our country Keeps us happy & healthy






Bangladesh Edible Oil Limited is determined to implement the initiatives of the Government of the People's Republic of Bangladesh to increase the production of Rice Bran Oil as an alternative to conventional edible oils.

Rice bran oil is more effective in controlling cholesterol levels. It helps to develop the balance of HDL and LDL.

The oil is produced directly from the paddy rice and refined in our country.

Source: <https://tinyurl.com/y8chrdz> | Prothom Alo, 01 June, 2022 ;
<https://tinyurl.com/ybvbf4pk> | Prothom Alo, 18 May, 2022:

