



#CHECK IT OUT

Ramadan delights and curries

When food is correctly seasoned, it always tastes better. After you have mastered the fundamentals of herbs and spices, you will love cooking a lot more. However, a question always arises in today's market when it comes to buying the right spices that promises quality and freshness. Such requirements are almost always never met when loose spices are bought in the open from markets. Which is why Radhuni Basic Spice offers all the solutions to the issues mentioned above! Not only does the top spice brand of Bangladesh, Radhuni Basic Spice, ensures impeccable hygiene, quality, and taste but also encourages a healthy lifestyle surrounding healthy food!



The following recipes use spice at the heart of the dishes. They leave a strong flavour profile.

BEEF KUNNA

Beef kunna recipe, known as Kunna Gosht, is very popular in Asian cuisine. Traditionally, Kunna Gosht is cooked with a few spices in a round clay pot for 2-3 hours.

Ingredients

½ cup oil
1 kg beef shank, chops (50-60 grams each piece)
1 large onion, chopped
1 tbsp ginger paste
1 tbsp garlic paste
1½ tbsp Radhuni chilli powder
1 tsp Radhuni turmeric powder
1 tbsp Radhuni coriander powder
1 tbsp Radhuni cumin seeds powder
½ tsp garam masala powder
½ cup wheat flour mixed water
Salt to taste

Method

Heat oil in a clay cooking pan and cook the meat for a few minutes on high heat until it changes colour. Turn the heat to medium and add onions, chilli powder, turmeric powder, ginger-garlic paste, coriander powder, and salt. Mix well and cook for 5-6 minutes or until the oil separates. Add 5-6 cups of water and cook for 1 hour with the lid on. When the meat is tender, add the wheat flour mixed water, and roasted cumin seeds powder. Mix well and cook for another 15 minutes on low heat. Turn off

the heat. Leave for 4-5 minutes and serve hot.

KULCHA

Kulcha is a leavened Indian flatbread made from wheat flour. It is especially popular in North India and Pakistan. There are many variations of it like paneer kulcha, aloo kulcha, matar kulcha, etc. Unlike paratha or naan, kulcha remains soft even they become cold. So, they can be made in advance and stacked up, and stored in the fridge. When serving they can be reheated on a griddle or in the microwave until slightly warm.

Ingredients

2 cups all-purpose flour
½ tsp salt
¾ tsp sugar
¼ tsp baking soda



1 tbsp ghee
1 tbsp yoghurt
Milk as required, to make the dough

For the potato filling —

100g grated boiled potato
1 tsp Radhuni chilli powder
¼ tsp Radhuni cumin powder
½ tsp Radhuni garam masala powder
1 tbsp coriander leaves, chopped
Salt to taste

Method

For the dough —

Mix all the dry ingredients and add enough milk and knead into a smooth dough. Cover the dough with a damp towel and keep it aside.

For the filling —

Mix all the ingredients. Divide into 5 portions and shape into smooth balls.

Making the kulcha —

Divide the 5 portions of the dough and shape them into smooth balls. Starting with one, roll into a thick puri size shape. Keep the potato filling in the middle and close the sides carefully, making sure the filling is covered from all sides. Shape them into round discs and rest them for 10-15 minutes. Repeat the procedure with the remaining filling. Flatten the balls into thin kulcha using flour to dust, without giving much pressure, so that the filling inside stays intact.

Heat a tawa and cook the kulcha until golden brown on both sides adding enough ghee/oil/butter to taste. The kulcha will puff up beautifully. When it is done serve it hot with beef curry.

MIXED LENTILS FRITTERS

Ingredients

¼ cup red lentils, masoor dal
¼ cup yellow lentils, moong dal
¼ cup yellow lentils, khesari dal
½ cup grated onions
½ cup grated cabbage
¼ cup carrot
4 green chillies, chopped
1 tsp Radhuni chilli powder
½ tsp Radhuni turmeric powder
¼ cup chopped coriander leaves
1 tbsp chopped mint leaves
Salt to taste
Oil for deep fry

Method

Soak the lentils in water for 5-6 hours or until softened. Then wash and drain the water. Put the lentils in a food processor and blend them into a semi-coarse mixture. Pour the mixture into a bowl with the rest of the ingredients. Mix until well combined. Heat oil in a pan, and fry the fritters in small batches until golden brown. Remove and place them on kitchen paper to absorb the oil. Serve warm!

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Photo: Sazzad Ibne Sayed
Food & Styling: RBR