

#COVER STORY



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# BEEF KALA BHUNA

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### INGREDIENTS

- 1 Kg of medium-sized pieces, bone in
- 4 onions thinly sliced
- 3-4 green chillies
- 4 cloves of garlic thinly sliced
- 1½ tbsp of ginger paste

garlic paste, Radhuni cumin, coriander, and red chilli powders. Once everything is combined, break up the spices with your fingers and add the bay leaves, cloves, mace, cinnamon stick, green and black cardamom, nutmeg powder, two dried red chillies, star anise, and four tablespoons of Radhuni Pure Mustard oil.

Marinate the meat for about an hour. In an iron pan, add the marinated meat and turn on the flame. Cover and cook the meat on medium flame. In about 10-15



- 2 tbsp of garlic paste
- 250 ml Radhuni Pure Mustard Oil
- 1½ tbsp Radhuni Cumin powder
- 1 tbsp Radhuni Coriander powder
- ½ tbsp Radhuni Red chili powder
- 1½ tsp powdered Radhuni Kala Bhuna Masala
- 1½ tsp powdered Radhuni Garam Masala
- ¼ tsp nutmeg powder
- 3-4 bay leaves
- 2" cinnamon stick, broken into pieces
- 5-6 black cardamoms
- 5-6 cloves
- 1 strand of mace
- 1 star anise
- 4 dry red chillies
- 200g yoghurt
- Salt, as needed

### METHOD

Take the meat in a bowl. Mix everything with your hands after adding half of the chopped onions, green chillies, ginger and

minutes, the meat begins to release water. Continue cooking the meat for about 45 minutes with frequent stirring. Beat the yoghurt and add it to the pan. Mix everything properly and continue cooking the meat for another 20 minutes.

Add the Radhuni Garam Masala powder and Radhuni Kala Bhuna powder to the pan and continue cooking. In a pan, take the remaining oil and heat it. Once the oil is hot, add 2 whole red chillies, thinly sliced garlic cloves, and the remaining onion slices. As the onions start caramelising, pour the mixture into the pan.

This is an important step and should be noticed. Once done, continue cooking the meat for another 45 minutes or until the meat is cooked thoroughly. Eventually, during this entire "bhuna" process, the meat will turn black. Turn off the flame and serve with polao.



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# MUTTON CURRY

This is an original, flavourful, cosy, and simple mutton curry recipe that has been around for a long time. It is about to be shared with you with a splash of personal touch — flavourful mutton slow-cooked in a coconut sauce, enhanced with fragrant Bangladeshi curry powder.

### INGREDIENTS

- 1 kg mutton, cut into pieces
- 400 ml coconut milk
- 2 large onions, finely chopped
- 2 large tomatoes, chopped

- 1-2 tsp of Radhuni Red chilli powder (adjust to taste)
- 1 tsp Radhuni Meat Curry Masala
- 1/2 tsp black pepper powder
- Whole spices —
- 2 bay leaves
- 1-inch piece of cinnamon stick
- 3-4 cardamom pods
- 4-5 cloves



Lemon juice: 1 tbsp (for a tangy touch)

### METHOD

Depending on whether the mutton has bones or not, chop it into pieces of the proper size. Put the pieces in a big basin after chopping the ginger and garlic finely or using a ginger-garlic paste. Add this to the mutton along with Radhuni



- 4-5 cloves of garlic, minced
- 1-inch piece of ginger, grated
- 2-3 green chillies slit (optional)
- A handful of curry leaves
- Lemongrass
- 2 tbsp Radhuni Coriander powder
- 1 tsp Radhuni Cumin powder
- 1 tsp Radhuni Turmeric powder



- 3-4 tbsp Radhuni Sunflower oil or coconut oil
- Salt to taste
- Fresh coriander leaves for garnish
- Water as needed
- Optional ingredients —
- Potatoes: 2 medium, cubed (optional)
- Freshly grated coconut: 2 tbsp (for extra coconut flavour)

turmeric, red chilli powder, curry powder, and salt. Mix everything well until the meat is fully covered. Let the mutton marinade in the fridge for at least half an hour and a maximum of 24 hours.

Finely chop the onions and sauté them in a big saucepan with one or two teaspoons of Radhuni Sunflower oil or coconut oil over medium heat until they soften. With caution, do not let the spices burn. Add the curry spices, lemongrass, curry leaves — sauté for 30 to 60 seconds or until aromatic.

After that, add the marinated mutton to the saucepan and stir to combine it with the spices thoroughly. After cooking the meat for a few minutes to ensure it is completely covered, cover the pot and simmer it for around ten minutes over medium-low heat. Then, pour one to two cups of water, cover, and allow the meat to simmer until it becomes soft.

Uncover the saucepan when the meat is tender and continue cooking to enable the liquid to evaporate and the flavours to concentrate, raising the heat to medium or medium-high as needed.

If you want your gravy thinner, add additional liquid; if you want it thicker, simmer it longer. To prevent the coconut milk from overwhelming the curry, add it last and boil it for a few minutes until the flavours combine. It's time to serve the mutton curry.