

# Kebabs, curries, and the art of COOKING MEAT

If there's one thing that elevates any family gathering or just a weekend indulgence, it's a lineup of perfectly spiced, lovingly prepared meat dishes. The following recipes are more than just meals — they are culinary rituals steeped in tradition, bursting with flavours, and made to be shared.

This collection brings together some of the most beloved South Asian meat dishes — grilled, slow-cooked, or simmered to perfection. Whether it's the royal aroma of *Mutton Patiala*, the nostalgic charm of *Beef Dam Kebabs*, or the soul-soothing *Mutton Shorba*, each dish celebrates the richness of spices and the comforting depth of home-cooked goodness.

So, sharpen your knives, warm your pans, and let the marination begin — a flavourful journey awaits.

## MALAI TIKKA KEBAB

### Ingredients

#### For marination —

- 1 kg boneless chicken (preferably thigh pieces, cut into cubes)
- ½ cup thick yoghurt (hung curd)
- ½ cup fresh cream
- 3 tbsp cream cheese or grated processed cheese
- 2 tbsp ginger-garlic paste
- 2 tbsp lemon juice
- 3 tbsp corn flour (or besan/gram flour)
- 3 tbsp oil or melted butter
- 2 green chillies (finely chopped or crushed)
- 1 tsp white pepper powder
- ½ tsp garam masala powder
- ½ tsp cardamom powder

Salt to taste

### Method

Take boneless chicken, cut into medium-sized cubes, and pat them dry with a paper towel. In a large bowl, combine all the marinade ingredients except the chicken and mix thoroughly to form a creamy mixture. Add the chicken pieces, coat them well with the marinade, cover, and refrigerate for at least 4–6 hours.

Once marinated, preheat your grill or oven. Thread the chicken pieces onto skewers. If using an oven, line a baking tray with foil and place a wire rack on top. Arrange the skewers on the rack and grill at 200°C (390°F) for 20–25 minutes or until the chicken is cooked through and slightly charred at the edges. Baste with a little butter or oil halfway through cooking for extra richness.

Alternatively, the kebabs can be cooked in a non-stick pan or on a stovetop grill. Once done, sprinkle with chaat masala and garnish with chopped coriander leaves and lemon wedges. Serve hot with mint chutney or garlic mayo.



## BEEF DAM KEBAB

### Ingredients

- 1 kg beef mince (with a little fat, finely ground)
- 2 medium onions (finely chopped or ground and squeezed to remove water)
- 2 tbsp ginger-garlic paste
- 3 green chillies (finely chopped or crushed)
- ½ cup fresh coriander leaves (finely chopped)
- ¼ cup fresh mint leaves (finely chopped)
- 2 tbsp lemon juice
- 2 tbsp roasted gram flour (or besan)
- 1 tsp cumin powder
- 1½ tsp coriander powder
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 1 tsp garam masala powder
- Salt to taste
- 2 tbsp ghee or oil (for kneading)
- 1 tsp kewra water or rose water (optional, for aroma)

### Method

In a large bowl, combine all the ingredients. Mix and knead well for 8–10 minutes until soft and binding. Cover and marinate in the fridge for 1–2 hours. After marination, shape the mixture into round kebabs or flat patties. Heat a

little oil and place the kebabs on low to medium flame. Cover with a lid and let them cook slowly in their own juices (this is the "dam" method) for about 10–12 minutes on each side, flipping gently halfway through. Cook until they are evenly browned and cooked through.

For extra flavour, place a small piece of hot charcoal in the pan, put a small bowl or foil cup beside the kebabs, add a drop of oil on the coal, and immediately cover the pan for 5 minutes to give a smoky aroma.

Serve hot with green chutney or with naan and raita for a hearty meal.

## SMOKED BEEF MASALA

### Ingredients

- 1 kg beef (boneless, cut into small cubes)
- 2 medium onions (finely sliced)
- 2 tomatoes (chopped)
- 2 tbsp ginger-garlic paste
- 1 cup yoghurt (well beaten)
- 2–3 green chillies (slit or chopped)
- ½ cup oil or ghee
- 1 tsp cumin seeds
- 2 tsp red chilli powder
- 1½ tsp coriander powder
- 1 tsp turmeric powder
- 1½ tsp garam masala powder
- Salt to taste
- ½ cup fresh coriander leaves (chopped)
- 1 small piece of charcoal (for smoking)
- 1 tsp ghee (for smoking)

### Method

Heat oil or ghee in a heavy-bottomed pan and add cumin seeds, allowing them to splutter. Add chopped onions and sauté until golden brown.

