



Stir in the ginger-garlic paste and cook until the raw smell disappears. Add chopped tomatoes and cook until soft and the oil begins to separate from the masala.

Next, add all the spices and salt to taste, stirring well. Add beaten yoghurt and mix thoroughly. Once the masala is well-cooked and bubbling, add the beef cubes and stir to coat them evenly. Cover and cook on medium heat until the beef becomes tender.

When the beef is fully cooked and the masala is thick and rich, add garam masala powder and green chillies, then simmer for another 5 minutes.

For a smoky flavour, heat a small piece of charcoal until red hot, place it in a small steel or foil bowl inside the pan, drizzle 1 teaspoon of ghee over the charcoal, and immediately cover the pan tightly to trap the smoke. Let it sit for 5–7 minutes, then remove the charcoal bowl and sprinkle chopped coriander leaves on top.

Serve hot with naan, paratha, or steamed rice.

BEEF KALIYA WITH BABY POTATOES

Ingredients

1 kg beef (bone-in or boneless, cut into medium pieces)
250g baby potatoes (peeled or scrubbed clean)
2 medium onions (finely sliced)
2 tbsp ginger-garlic paste
1 cup yoghurt (whisked)
2 tomatoes (chopped)
4 tbsp oil or ghee
2–3 green chillies (slit)
1½ tsp red chilli powder
1½ tsp coriander powder
1 tsp turmeric powder
1 tsp cumin powder
1½ tsp garam masala powder
½ tsp ground fennel (optional, for kaliya aroma)
Salt to taste
½ cup chopped coriander leaves (for garnish)
Whole spices —
1 bay leaf
4 cloves
4 green cardamoms
1 black cardamom
1 cinnamon stick

Method

Heat oil or ghee in a heavy-bottomed pan. Add all the whole spices. Let them crackle for a few seconds, add sliced onions and sauté until golden brown. Add ginger-garlic paste and fry until the raw smell disappears. Now add chopped tomatoes and cook until soft and oil separates. Add all the spices and salt to taste. Cook the masala well, then add whisked yoghurt and mix thoroughly.

Add beef pieces and sear them in the masala until well coated and slightly



browned. Cover and cook the beef on medium heat until it's about 70 per cent tender. Add a little water and stir occasionally.

Once the beef is partially cooked, add the peeled baby potatoes. Stir well and continue cooking until both the beef and potatoes are fully tender and the oil begins to separate.

Finally, sprinkle garam masala powder and ground fennel. Add green chillies and simmer for 5 minutes. Garnish with chopped coriander leaves and serve hot.

BEEF MUGHALI JALFREZI

Ingredients

1 kg beef (boneless, cut into thin strips)
2 medium onions (thinly sliced)
2 tomatoes (chopped or pureed)
2 capsicums (sliced lengthwise)
2 green chillies (slit)
2 tbsp ginger-garlic paste
3 tbsp oil
1½ tsp red chilli powder



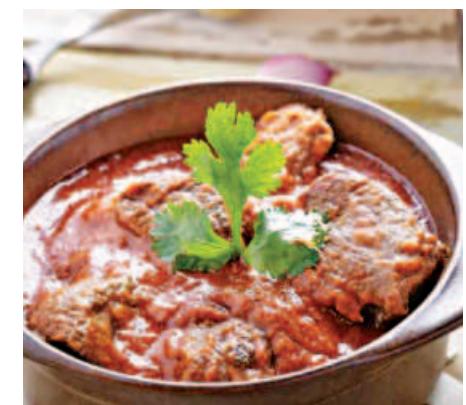
add capsicums and green chillies. Stir-fry for a few minutes until the vegetables are slightly tender but still crisp.

Add garam masala powder and fresh cream, and drizzle with lemon juice. Cook for another 2–3 minutes. Garnish with freshly chopped coriander leaves and serve hot with naan, paratha, or steamed rice.

MUTTON SHORBA

Ingredients

1 kg mutton (bone-in, medium pieces)
4 medium onions (finely sliced)
2 tbsp ginger-garlic paste
2 tomatoes (chopped)
1 cup yoghurt (whisked)
1½ tsp red chilli powder
1½ tsp coriander powder
1 tsp turmeric powder
1 tsp cumin powder
1 tsp garam masala powder
Salt to taste
½ cup chopped fresh coriander leaves
2 tbsp chopped mint leaves



for a few more minutes.

Add about 6 cups of water, bring it to a boil, then reduce the heat, cover, and let the shorba simmer on low to medium heat until the mutton is fully tender. Once the mutton is cooked and the flavours are well-developed, add garam masala, chopped mint, and fresh coriander leaves. Simmer for another 5 minutes, adjusting salt and water as needed to reach the desired consistency. Serve hot with naan, chapati, or rice.

MUTTON PATIALA

Ingredients

1 kg mutton (bone-in, medium-sized pieces)
2 medium onions (finely sliced)
2 tbsp ginger-garlic paste
1 cup yoghurt (whisked)
1 tbsp cashew paste
4 tbsp oil
2–3 green chillies (slit)
1 tsp cumin seeds
1½ tsp red chilli powder
1½ tsp coriander powder
1 tsp turmeric powder
1 tsp cumin powder
1 tsp black pepper powder
1 tsp garam masala powder
Salt to taste
½ cup chopped fresh coriander
¼ cup chopped mint leaves
1 tsp kasuri methi (dried fenugreek, crushed)
1 tsp lemon juice
1 cup water
Whole spices —
1 bay leaf
4 cloves
4 green cardamoms
1 black cardamom
1 cinnamon stick

Method

Heat oil in a deep pan. Add the whole spices and let them sizzle until aromatic. Add cumin seeds, and sliced onions, and cook until golden brown. Stir in ginger-garlic paste and sauté for a while. Now mix in red chilli powder, coriander powder, turmeric powder, cumin powder, black pepper, and salt to taste. Stir well.

Add yoghurt gradually, stirring constantly to avoid curdling. Then add cashew paste and mix well. Now, add mutton pieces and stir them for 8–10 minutes until nicely coated and browned. Add 1 cup of water, cover. Cook on medium-low flame until the mutton is tender.

Once the mutton is done and the gravy is thick, add garam masala powder, crushed kasuri methi, slit green chillies, and simmer for 5 minutes. Finish with chopped coriander, chopped mint leaves, and lemon juice. Mix well and serve hot.



Ingredients

1 tsp turmeric powder
1½ tsp coriander powder
1 tsp cumin powder
1 tsp black pepper powder
1 tsp garam masala powder
Salt to taste
2 tbsp fresh cream
¼ cup chopped coriander leaves (for garnish)
1 tsp lemon juice

Method

Heat oil in a heavy-bottomed pan. Add sliced onions and sauté until golden brown. Add ginger-garlic paste and fry until fragrant. Stir in the dry spice powders and salt to taste. Cook until the masala releases oil, then add chopped tomatoes. Cook the mixture over medium heat until it thickens and becomes rich. Add beef strips and mix well to coat them evenly with the masala. Cover and cook on low heat until the beef is fully tender, adding a little water if needed during cooking. Once the beef is cooked and the masala has thickened,

Ingredients

6 cups water (adjust for desired consistency)
4 tbsp oil
Whole spices —
1 bay leaf
4 cloves
4 green cardamoms
1 black cardamom
1 cinnamon stick
8–10 black peppercorns

Method

Heat oil in a heavy-bottomed pan and add the whole spices, sautéing until aromatic. Add sliced onions and fry until golden brown. Stir in the ginger-garlic paste and cook until the raw smell disappears.

Add chopped tomatoes and cook until soft. Then add red chilli powder, coriander powder, turmeric powder, cumin powder, and salt to taste. Cook the masala until the oil begins to separate.

Add the mutton pieces and sear them on high heat until well-coated and browned. Pour in whisked yoghurt, mix well, and cook

Recipes by Salina Parvin