

When beef rezala meets PRAN Ghee



If the gravy is creamy and the meat is soft, sugar will balance the flavour. If you love that old school festive smell, top it up with a tiny spoonful of PRAN Ghee and a few drops of kewra water.

Rezala stems from the old Mughlai way of cooking, where richness was not always about adding more spice, but a balance of patience and the slow building of flavour.

The dish has found its place in Bangladesh as well, especially during the festival of Eid. It is a perfect accompaniment to polao, paratha, naan or even plain rice when everyone is tired after a long day of guests, greetings, running between kitchens and drawing rooms.

While a classic beef rezala relies on quality meat, creamy yoghurt, and a rich paste of cashews and poppy seeds, there is one ingredient that truly dictates the soul of the dish: the fat.

Many people overlook it, but the choice of ghee is what transforms a standard curry into a masterpiece. This is specifically where PRAN Ghee becomes indispensable. Unlike ordinary brands, PRAN Ghee carries a uniquely distinct aroma that does not just complement the spices, it defines them!

There is a very particular moment when the ghee hits the warm pan. It simply melts, loosens, and begins to carry the cardamom, cinnamon, bay leaf and onion into the kind of smell that makes someone from the next room ask, "What is cooking?" That is usually a good sign.

For health, let's be honest. Rezala is not a salad pretending to be virtuous; it is a festive food. And good cooking is about control. A little PRAN Ghee goes a long way, delivering profound richness and depth without the need for excess oil. It provides

the dish with its signature body and a velvety mouthfeel, while its distinctive aroma serves as the hallmark of a truly standout Rezala, where it elevates every bite without making the meal feel greasy or overbearing.

BEEF REZALA WITH PRAN GHEE Ingredients

- 1 kg beef, cut into medium pieces
- 4 tbsp PRAN Ghee
- 1 cup yoghurt
- 2 tbsp onion paste
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 2 tbsp cashew paste
- 1 tbsp poppy seed paste
- 4-5 green chillies
- 3 cardamoms
- 2 cinnamon sticks
- 2 bay leaves
- 4 cloves
- 1 tsp white pepper powder
- 1 tsp sugar
- Salt to taste
- ½ cup milk or warm water
- A few drops of kewra water, optional



Method

Drain well. Rinse the beef. Mix the meat with the yoghurt, ginger paste, garlic paste, onion paste, salt and white pepper in a bowl. The meat should marinate for at least an hour. Do remember the longer you leave the beef to marinate, the better, especially if the beef needs tenderising.

Heat PRAN Ghee in a heavy-based pan. Add the cardamom, cinnamon, cloves and

bay leaves. Let them spill their perfume slowly. Add in the marinated beef and start to cook gently over a medium heat. Stir until the meat starts to give up its water and the spices start to settle into the ghee.

Add the cashew and poppy seed paste when the beef is browned. Continue to stir gently, so it does not stick to the bottom. Add milk or warm water, lower the heat, cover the pan and cook the beef until tender. Add the green chillies halfway through for aroma and heat.

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Serve hot with polao or soft paratha. The rezala should be rich but not greasy, fragrant but not overpowering. And that's what I love about this recipe. And that's where PRAN Ghee works silently, not as a loud ingredient but the one that makes everything taste like Eid.

**Photo: Shahrear
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