

# RECIPE BOOK OF NAZISH QURESHI



## NON-VEGETARIAN DISHES

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<a href="#">Hyderabadi Biryani</a>			

**TANDOORI CHICKEN** The most popular variation of grilled chicken in the Indian Cuisine!

INGREDIENTS	METHOD
Chicken 1 No. Lemon juice 3 tsp. Red chili powder 2 tsp. Curd (Yogurt) 1/3 cup Garlic paste 1 tbsp. Ginger paste 1 tbsp. Garam masala powder 1 tsp. 1 tsp. ground roasted cumin seeds 1/2 level tsp. ground cardamom Oil For basting Salt 1 tsp (As per taste)	<ol style="list-style-type: none"> <li>1. Skin the chicken and make diagonal incisions all over.</li> <li>2. Mix 1 tablespoon red chili powder, salt and 2 tablespoons lemon juice. Apply this to the chicken and leave it for half an hour.</li> <li>3. Hang Curd/Yogurt in the muslin cloth for some time. Take Yogurt in a bowl, add red chili powder, salt, lemon juice, Ginger Paste, Garlic Paste, Garam Masala Powder and mustard oil. Mix well.</li> <li>4. Apply this marinade to the chicken. Cover and marinate for at least 4 hours at room temperature, or refrigerate overnight, turning several times.</li> <li>5. Take out the chicken from the refrigerator at least 1 hour before cooking, to bring it at room temperature.</li> <li>6. Preheat the oven to 450<sup>0</sup>F. Place chicken pieces on an extra-large shallow roasting pan, preferably on a wire rack. (Discard the leftover marinade). Brush chicken pieces with ghee or butter. Set the pan in the middle of the oven. Roast for 25-30 minutes, or until the meat is cooked through, basting and turning occasionally. Transfer to platter and serve.</li> <li>6. (Out Door Grill) Fire the coal well in advance, grill is ready when a layer of white ash forms over the surface</li> </ol>

	<p>of the coal. This is the point, when the coal is at its hottest. Place the grill at least 5 inches away from the heat. Place chicken pieces, over the grill, basting with ghee or butter and cook for 8 minutes, without turning. Basting with ghee or butter, turn and grill the other side for 8 minutes. Continue turning and basting, until chicken is cook through, about 12-15 minutes for each side. Transfer chicken to platter. Decorate with sliced onion and tomato. Serve chicken immediately</p> <p>7. Serve hot with onion slices and lemon wedges.</p>
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**Tandoori Chicken**



**Chicken 65**

<b>CHICKEN 65</b>	
<b>INGREDIENTS</b>	<b>METHOD</b>
500 gm chicken 1/2 cup yogurt A pinch of ajinomoto 1 tsp soya sauce 1 tsp chilly sauce 2 tbsp corn flour 2-3 green chillies 1 tsp ginger paste 1 tsp garlic paste Salt 1/2 tsp Red food coloring Oil for deep frying	Mix the chicken pieces with yogurt, salt and cook the chicken until the pieces are tender and all the water evaporates. Keep the chicken pieces aside. Mix ajinomoto, soya/chilly sauce, corn flour, ginger-garlic paste, red coloring and salt in a vessel and marinate the cooked chicken pieces in it. Marinate for 4-5 hours. Deep fry the chicken pieces in oil for 8 to 10 minutes and drain. Also deep fry the sliced green chillies and decorate on the top of the chicken pieces.

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<b>GARLIC CHICKEN</b> (www.contactpakistan.com)	
<b>INGREDIENTS</b>	<b>METHOD</b>
3 tablespoon garlic, finely chopped 2 pounds Chicken wings 2 cups flour 1 tablespoon Pepper-Vegetable oil 2 tablespoon sugar 1/2 cup chicken broth 2 tablespoon salt	1. Heat a large skillet with 2" of vegetable oil until hot. 2. Shake wings in all-purpose flour and fry until golden brown and crisp on both sides. Remove wings, drain on paper towels. When all wings are done, remove all but 2-tbsp oil, leaving the browned bits on the bottom of the skillet. Add 3-tbsp finely chopped garlic to the oil and cook until soft, but not brown. Add 3/4-cup dry, sherry into the skillet and scrape up the brown bits remaining. Add 1/2-cup chicken broth, stir and reduce the sauce by 1/3. It will become a bit thicker. 3. Adjust seasoning with salt and pepper.

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<b>GINGER CHICKEN</b> (www.contactpakistan.com)	
INGREDIENTS	METHOD
1½ cup oil 1 small onion, thinly sliced 1 tbsp. garlic paste 1 tbsp. ginger paste 1 kg boneless chicken breast, cut into small cubes 1 ½ tsp. chilly powder ¼ tsp. turmeric 1 ½ tsp. salt 1 tsp. coriander powder 3 medium tomatoes, chopped 3 tbsp. yogurt, whisked 1 tbsp. lemon juice 3 tbsp. ginger, cut into matchstick 1 tsp. chat masala 1 tsp. garam masala 3 tbsp. fresh coriander leaves. chopped 2-4 green chillies, thinly sliced	1. Heat oil in a heavy based saucepan over medium heat. Add the onions and sauté until soft, about 2 minutes. 2. Add ginger and garlic, sauté about 2 minutes. Stirring constantly. (add little water if the mixture sticks to the bottom of the pan). 3. Add chicken and fry until the water from chicken is evaporated, about 5 minutes. 4. Add chili powder, turmeric, salt and coriander powder. Fry 1 minute, then add tomatoes and Stirring constantly, fry the mixture for about 5 minutes, or tomatoes are reduced to a pulp. 5. Add yogurt and fry for few more minutes, stirring constantly, about 4 minutes. Add a little water, if necessary, to prevent the mixture from sticking to the bottom of the pan. Keep frying until the oil begins to separate. 6. Add lemon juice, ginger sticks, chatt masala garam masala, coriander leave and green chillies. Stir once, cover and cook for 3 minutes over low heat. 7. Serve with Nan, Roti or plain boiled rice.

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<b>CHILLY CHICKEN</b> Daawat.com	
INGREDIENTS	METHOD
500gm boneless chicken (cut into small pieces) 1 onion chopped 1 capsicum (blended) 4-5 green chillies chopped 2 tomatoes chopped (optional) 1 tsp turmeric 2 tbsp ginger-garlic paste Vinegar (2 tbsp) Chilly sauce (1 tsp) Few drops of soya sauce Salt to taste Oil for frying	Mix vinegar, ginger-garlic paste, salt, turmeric, capsicum paste, chilly sauce and soya sauce in a bowl and marinate the chicken for 3-4 hours (or overnight in refrigerator). Remove only the chicken pieces from the marinade and deep fry in oil till golden brown. Keep it aside. Heat oil in a pan, add onions, green chillies, and tomatoes and fry them for a while. Add the remaining gravy from the marinade and fried chicken pieces to the pan and fry for 2 minutes. Add some water and allow to cook on low flame for 20 minutes till gravy thickens. Serve hot with fried rice or with dal.

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<b>CHILLY CHICKEN</b> The most popular Chicken preparation. Chicken in chili and Soya sauce gravy.	
<b>INGREDIENTS</b>	<b>METHOD</b>
Chicken boneless 800 gms. Ajinomoto A pinch White pepper powder ½ tsp. Sugar 1 tsp. Soya Sauce 2 tbsps. Cornflour 2 tbsps. Egg 1 no. Chopped green chilies 8 nos. Chopped Garlic 6-8 cloves Oil 1 tbsp. Oil to fry Salt As per taste	1. Marinate the boneless chicken pieces (one inch cubes) in 1 tablespoon. Soya sauce, salt, egg and 1 tablespoon cornflour for ten minutes. 2. Deep fry chicken in hot oil till light brown. 3. Heat 1 tablespoon oil in a wok. Add chopped garlic and chopped green chilies and toss for 15 seconds. 4. Add 2 teacups of chicken stock or water. Bring it to a boil. Add ajinomoto, sugar, white pepper powder, salt and rest of the Soya sauce. 5. Add fried chicken pieces and cook for 3 minutes. 6. Add rest of cornflour, after dissolving it in water. Stir constantly. 7. Garnish with chopped spring onions and green chilies julienne.

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<b>PEPPER CHICKEN</b> Daawat.com	
<b>INGREDIENTS</b>	<b>METHOD</b>
1 whole chicken cut up 3 onions (finely chopped) 2 tomatoes (finely chopped) 2 tbsp ginger-garlic paste 2 tsp fennel seeds powder (saunf powder) 1 tsp mustard seeds 1 tsp garam masala 3 tsp red chili powder 2 tsp cumin seeds 1/2 tsp turmeric powder 4-6 tsp freshly ground pepper powder 2 tsp coriander powder 2 tbsp fresh coriander leaves, finely chopped Salt to taste Oil for frying	Clean the chicken and cut into small pieces In a non-stick pan, heat the oil, add mustard seeds and fennel seeds powder, and fry until seeds splutter. Add ginger-garlic paste onions and allow them to cook until they turn golden brown in color. Then add chicken pieces. Sprinkle garam masala, red chili powder, turmeric powder and salt and allow them to cook. Add cumin seeds, coriander powder and pepper powder. When the chicken is half cooked, add coriander leaves, tomatoes and mix well. Cover the pan and let the chicken cook well. Serve hot with chapathis or parathas.

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<b>SZECHWAN CHICKEN</b> A tasty dish with a combination of fried chicken pieces and spring onions in spicy chicken stock.	
<b>INGREDIENTS</b>	<b>METHOD</b>
Chicken, medium size 1 no. Oil For deep frying <b>For the Marinade</b> Ginger paste 1 tsp. Garlic paste 1 tsp. Chili paste 1 tsp. Soya sauce 2 tbsps. Cornflour 2 tbsps. Egg 1 no. Salt To taste <b>For the Sauce</b>	1. Cut the chicken, retaining the bone, into small serving sized pieces. 2. Combine all the ingredients mentioned under 'For the Marinade' and rub on the chicken pieces and set aside for 30 minutes. 3. Heat oil in a frying pan and deep fry the chicken pieces, a few at a time, till golden brown and cooked. 4. Drain and set aside. Heat 3 tablespoons of spicy chili oil or ordinary



<p>Spicy chili oil or ordinary oil 3 tbsps.          Finely chopped ginger 1 tsp.          Finely chopped garlic 1 tbsp.          Dry red chilies cut into 4 pieces each 2 nos.          Sesame seeds(optional) 1/2 tsp.          Slanting pieces of spring onion 1/4 cup.          Chicken stock 1/2 cup          Tomato sauce 1/3 cup          Soya sauce 1 tbsp.          Chili sauce 1 tsp.          Vinegar 1 tbsp.          Sugar 1 tsp.          Black pepper 1/2 tsp.          Ajinomoto A pinch          Salt To taste          cornflour mixed with water 3/4 tbsp. &amp; 1/4 cup</p> <p><b>For the Garnish</b>          Spring onions 4 long thin pieces          Spring onion tops 4 long thin pieces</p>	<p>oil in a pan.          5.Add the ginger, garlic, red chillies, sesame seeds and spring onion and stir fry on a high flame for 1 minute.          6.Add the remaining ingredients mentioned under sauce except the cornflour, bring to a boil and add the chicken.          7.Cook covered on a low flame for about 4 minutes and then add the cornflour mixed with water and stir continuously, so that the sauce becomes thick.          8.Garnish with the spring onion and spring onion tops.</p>
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<b>CHICKEN LOLLIPOP</b> Chicken wings coated with tasty batter and deep fried	
INGREDIENTS	METHOD
<p>Chicken, wings with skin 8 nos.          Eggs 2 nos.          Green chillies, ground 6 nos.          Ajinomoto ¼ tsp.          Pepper powder ¼ tsp.          Garam masala ¼tsp.          Chili sauce ½ tsp.          Soya sauce ½ tsp.          Worcestershire sauce 1 tbsp.          Flour ( maida ) 50 gms.          Ginger, paste 1 tsp.          Garlic, paste 1 tsp.          Yellow colour or red colour A pinch          Water ½ cup          Oil for deep frying As required          Salt ½ tsp.</p>	<p>1.Cut the wings into two, chop the end bone, pull the flesh up with the skin and remove the thin bone and mould into a lollipop.          2.Boil the lollipops with ½ cup water, ½ tsp.salt for 5 minutes and with 1tbsp worchestershire sauce for 5 minutes. Remove and cool.          3.Mix all ingredients thoroughly, except lollipops and prepare a thick batter.          4.Heat oil in a deep pan, dip lollipop into the thick batter and fry on medium heat to a light brown colour.          5.Serve hot with szechwan sauce.</p>

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**KADHAI CHICKEN** Chicken cooked in a traditional Kadhai. This dish is a good indicator of a cook's expertise!

INGREDIENTS	METHOD
Whole Chicken 1 no. Medium Tomatoes 8-10 nos. Coriander leaves 2 tbsp. Medium onions 2 nos. Garlic paste 2 tbsp. Ginger, finely chopped 2 tbsp. Dry red chillies 6-8 nos. Chopped green chillies 8 nos. Red chili powder 1 tsp. Whole Coriander (dhania) 1 tbsp. Garam masala powder 1 tsp. Coriander powder (dhania powder) 1tsp. Whole Garam masala 1 tsp. Oil 2 tbsp. Salt As per taste	<ol style="list-style-type: none"> <li>1. Skin and cut the chicken into pieces.</li> <li>2. Take whole dhania, dry red chillies and pound together.</li> <li>3. Slice the onions.</li> <li>4. In a Kadhai take oil, add Whole Garam Masala, garlic, whole dhania, green chillies and red chillies mixture. Add onions. Fry till onions are golden brown.</li> <li>5. Put in tomatoes, ginger, dhania powder and red chili powder.</li> <li>6. Add some water. Cover and let it cook. Once the gravy is reduced put in the chicken pieces, salt and coriander leaves.</li> <li>7. Mix well, sprinkle the Garam Masala Powder. Cover and cook for 8-10 mins on low flame.</li> <li>8. Serve hot.</li> </ol>

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**CHICKEN MAKHANI (BUTTER CHICKEN)** A rich preparation of chicken marinated in a curd and spice mixture.

INGREDIENTS	METHOD
Chicken 800 gms. Kashmiri Red Chili Powder 1 tsp. Lemon Juice 1 tbsp. Salt To taste <b>Marination</b> Curd (Yogurt) 1 cup. Ginger paste 2 tbsps. Garlic paste 2.tbsps. Garam Masala powder 1/2 tsp. Kashmiri Red chili powder 1 tsp. Lemon juice 2 tbsps. Butter 2 tbsps. Mustard oil 2 tps. Salt To taste  <b>Makhani Sauce</b> Whole garam masala 1 tbsp. Tomato puree 400 gms. Sugar/Honey 2 tbsps. Ginger paste 1 tbsp. Garlic paste 1 tbsp. Red chili powder 1 tbsp. Garam masala powder ½ tsp. Fresh cream 1cup. Kasoori methi ½ tsp. Chopped green chillies 1 tsp. Butter 50 gms Salt To taste	<ol style="list-style-type: none"> <li>1. Skin and clean the chicken. Make incisions with a sharp knife on breast and leg pieces.</li> <li>2. Apply a mixture of red chilli powder, lemon juice and salt to the chicken and leave aside for half an hour.</li> <li>3. Hang the yogurt in a muslin cloth for 15-20 minutes to remove extra water. Add red chilli powder, salt, ginger-garlic paste, lemon juice, garam masala powder and mustard oil.</li> <li>4. Apply this marinade to the chicken pieces and refrigerate for 3 to 4 hours.</li> <li>5. Put the chicken onto a skewer and cook in a moderately hot tandoor or a preheated oven (200 degrees celsius) for 10-12 minutes or until almost done. Baste it with butter and cook for another 2 minutes. Remove and keep aside.</li> <li>6. Heat butter in a pan. Add whole garam masala. Let it crackle. Then add ginger-garlic paste and chopped green chillies. Cook for 2 minutes.</li> <li>7. Add tomato puree, red chilli powder, garam masala powder, salt and one cup of water. Bring to a boil. Reduce heat and simmer for 10 minutes. Add sugar or honey and powdered kasoori methi.</li> <li>8. Add cooked tandoori chicken pieces. Simmer for 5 minutes and then add fresh cream.</li> <li>9. Serve hot with naan or parantha.</li> </ol>

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<b>MURG DO PIAZA</b> A famous chicken dish that can be prepared in a jiffy	
INGREDIENTS	METHOD
Chicken pieces 1 kg. Onions, sliced 500 gms. Garlic, sliced 50 gms. Ginger, sliced 50 gms. Red chili powder 1/2 tsp. Turmeric powder 1/2 tsp. Whole red chili 4 nos. Garam Masala 10 gm. Tomato puree 300 ml. Coriander powder 15 gms. Water 500 ml. Ghee 150 gms. Salt To taste	1.Slice the onions, ginger and garlic and keep aside. 2.Heat ghee for 1 minute, then add tomato puree, turmeric powder, red chili powder, red chilies and coriander powder, cover the dish and cook on high for 3 minutes. 3.Put the sliced onions, ginger, garlic and cook for 3 minutes on high. 4.Mix chicken in the above ingredients and 500 ml water and cook for 8 minutes. 5.Stir well, add salt, garam masala and cook for 7 minutes, till done.

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<b>CHICKEN KORMA</b> Chicken cooked in a thin gravy of yogurt and saffron	
INGREDIENTS	METHOD
Chicken 1 kg. Sliced onion 2 medium Ground Coriander 1 tbsp. Black Cumin seeds 1/2 tsp. Curd (yogurt) 1 cup 200gm Garlic paste 1 tbsp.. Ginger paste 1 tbsp. 1tsp. garam masala 1 tsp. Red chilli powder Black pepper 1 tsp Green cardamom 3 - 4 nos. Oil 3 tbsps. Salt 2 1/2 tsp (To taste)	1. Clean, wash and skin the chicken. Cut the chicken into 12-14 pieces. 2. Grind coriander, black cummin seeds, green cardamom. 3. Heat oil in a pan. Add sliced onions and cook till they are translucent. Remove onions with a slotted spoon and grind to a fine paste. Mix the onion paste with yogurt and keep aside. 4. Reheat the oil over medium heat, add bay leaves cloves, black pepper, green cardamom, black cumin and fry for 1 minute. Then add garlic paste, ginger paste, coriander, garam masala, chili powder, and salt. Stirring frequently sauté for about 5 minutes. (add little water if the mixture sticks to the bottom of the pan.) 5. Add chicken pieces and cook on high flame for 5 minutes stirring constantly. Pour in just enough water to cover the meat, cover the pan, reduce the heat and allow to cook for 25 - 30 minutes or until the meat is almost tender. 6. Stirring continuously, add a little yogurt mixture at a time to the meat to blend it into the mixture. Repeat until all the yogurt has been added. Stirring frequently fry for 5-8

	minutes or until the chicken is tender. Add 1-2 cups of water if you want thin gravy, otherwise add 1\2 cup of water. Bring to a boil and remove from heat.
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<b>MURG MUSALLAM</b> A rich preparation of chicken with saffron and roasted spices.	
<b>INGREDIENTS</b>	<b>METHOD</b>
Chicken 1 no. large Onion 1 no. Coriander seeds 1 tbsp. Aniseed 1 tbsp. Cumin seeds 1 tbsp. Roasted gram dal 4 nos. Dry red Chilies 4 nos. White cardamoms 4 nos. Black Cardamoms 2 nos. Cloves 4 nos. Whole black peppers ½ tbsp. Coconut 2" piece Almonds 1 no. Curd ½ pint Saffron A pinch of Ghee 6 tbsps. Salt To taste	1.Slice the onion. 2. Soak saffron in spoonful of hot water. 3. Roast all the remaining spices without any fat in a frying-pan and grind together. 4. Heat half the Ghee in a large saucepan and brown the chicken on all sides. 5. Remove, and pour in the remaining ghee. 6. Fry onion till brown, add the ground spices and ground coconut. Fry for 5 minutes. 7. Put chicken back into the pan. 8. Blend Curd/Yogurt with 1 1/2 liter water and pour into the pan together with salt. Cover tightly and cook till liquid dries and chicken is tender. 9. Just before serving add saffron water and garnish with chopped almonds.

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<b>CHICKEN TIKKA</b> Chicken pieces marinated in yoghurt and a blend of spices, skewered and cooked in an oven or tandoor - A favourite the world over	
<b>INGREDIENTS</b>	<b>METHOD</b>
Boneless chicken 800 gms. Lemon juice 2 tbsp. Red chilly powder (kashmiri ) 1 tsp. Red orange color (optional) Few drops Curd/Yogurt 300 gms. Garlic paste 2 tbsp. Ginger paste 2 tbsp. Garam masala powder 1 tsp. Cumin powder ½ tsp. Butter For basting Salt 1 tsp (To taste)	1. Using a sharp knife, make 3 or 4 deep incisions in each chicken quarter. Place the chicken pieces in a large bowl and rub the lemon juice & salt into the incisions and leave it. 2. Whisk Curd/Yogurt in a bowl add remaining all the ingredients except butter. Mix well and then keep the chicken pieces in this marinate for about 3 - 4 hours in the refrigerator. 3. Put the chicken on to skewers and cook in moderately hot tandoor (oven 170 <sup>0</sup> C)for about 6 to 8 minutes, baste the chicken pieces with butter and again put in to tandoor and until slightly colored and cooked. 4. Remove and serve hot sprinkled with chaat masala.

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<b>CHICKEN LEGS IN CURRIED BUTTER</b>	
<b>INGREDIENTS</b>	<b>METHOD</b>
Chicken legs 12 nos. Onion halved and unpeeled 1 no. Marjoram ½ tsp. Parsley 2 sprigs Thyme 1 sprig Lemon halved 1 no. Peppercorn 6 nos. Butter 125 gms. Cardamon ground ½ tsp. Cummin seed crushed ½ tsp. Ginger powder ½ tsp. Turmeric powder ¼ tsp. Chilli powder ¼ tsp. Coriander powder ½ tsp. Mustard powder 1 tsp. Garam masala ½ tsp. Worcestershire sauce 2 tsp. Lime juice ½ tsp. Pepper to taste Salt to taste	<ol style="list-style-type: none"> <li>1. In a saucepan, add the chicken legs, onion, marjoram, parsley, thyme, lemon and peppercorns. Pour 1 litre of water and bring to boil, then lower the heat for 25min. Remove the chicken legs without any liquid and transfer them to a plate. Let them cool.</li> <li>2. Cream the butter in a bowl. Add the remaining ingredients and thoroughly beat them into the butter.</li> <li>3. Using a knife spread the curried butter on each leg. Refridge them preferably overnight but for a minimum time of 6 hrs.</li> <li>4. Remove the chicken legs from the fridge.</li> <li>5. Place it in pan and fry till golden brown. Serve hot.</li> </ol>

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<b>MUGHLAI CHICKEN</b> A delicious chicken dish made of chicken chunks cooked in a thick gravy with potatoes.	
<b>INGREDIENTS</b>	<b>METHOD</b>
Chicken 1 large Garlic, flakes 6 nos. Cloves 4 nos. Cinnamon 1 piece Goa red chilies 8 nos. Onions 4 nos. Ginger 1 piece Cardamoms 4 nos. Cumin seeds 1 tsp. Saffron ½ tsp. Hot water 6 cups Lemon juice 1 tsp. Oil ½ cup Salt As required	<ol style="list-style-type: none"> <li>1. Cut the chicken pieces, wash, apply salt and keep aside.</li> <li>2. Chop the onions finely and grind all the masala to a fine paste.</li> <li>3. Heat oil and fry the onions, then add the ground masala and fry over low heat till the oil separates.</li> <li>4. Then add the chicken pieces and fry for a while until the chicken is well mixed with the masala.</li> <li>5. Add 6 cups of hot water and let it simmer until the chicken is tender, then add the saffron soaked in lemon juice.</li> <li>6. Simmer for a few more minutes and serve hot garnished with fried potatoes, green peas and hard boiled eggs.</li> </ol>

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<b>MUTTON DO PIAZZA</b> Mutton pieces cooked with whole spices and curd	
INGREDIENTS	METHOD
Mutton 500 gms. Onions 500 gms. Curd, beaten 350 gms. Cloves 6 nos. Cardamoms, large 4 nos. Ginger 1/2" piece Cinnamon, broken into bits 1" stick Garam masala 1 tsp. Chili powder 1 tsp. Cumin seeds, ground 1 tsp. Coriander powder 1 tbsp. Coriander leaves, sliced A handful Ghee 4 tbsp. Salt To taste	1. Grind onions, ginger, garlic to a paste. 2. Heat 4 tbsp ghee and fry the paste till golden brown colour. 3. Add the mutton and the whole spices and fry it till it is well browned on all sides. 4. Put the curds, coriander powder, ground cumin seeds, salt and chili powder. 5. Cover tightly and cook over a low fire till the mutton is tender and completely dry. 6. Then fry for a while till the ghee separates from the masala. 7. Serve immediately sprinkled with coriander leaves and garam masala.

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<b>MUTTON CURRY</b>	
INGREDIENTS	METHOD
Mutton, cut into serving proportions 1 kg. Onion 1 large Garlic 1 tsp Ginger 1 tsp Green Chillies 2 Curry leaves 5 Bay leaves 4 nos. Curd 1 cup Poppy seeds 1 tbsp. Cloves 4 Vinegar 2 tbsps. Garam masala 1 tbsp. Cumin, ground 1 tbsp. Coriander seeds, ground 1 tbsp. Whole Red Chilly 2 Coriander leaves A handful Salt & chili powder To taste	1. Grind into a paste onions, garlic, ginger, green chilly & curry leaves by adding a little amount of water. 2. Make into a powder cloves, coriander seeds, cardamom, turmeric and poppy seeds. 3. In a large bowl, mix mutton pieces, salt, vinegar and the paste and keep aside for 40 minutes. 4. Put in a heavy bottomed vessel with sufficient amount of water and cook till the mutton is dry & tender. 5. Now in a wide skillet, heat oil and when oil is hot add chopped red chili, bay leaves, and the above meat. Fry on high heat for 7 minutes and then add the powdered spices. Fry for two more minutes on low heat and then add the remaining liquid from the marinade dish. Now cook on low heat for a few minutes or until the sauce thickens. 6. Decorate with coriander leaves.

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**MASALA KALEJI** Mutton liver marinated with green chilies, ginger, pepper etc. and cooked in its own juices.

INGREDIENTS	METHOD
Lamb's liver 500 gms Lemons 2 nos. Green Chilies 2 nos. Ginger, ground 1 tsp. Black pepper 1 tsp. Sesame seed oil 1 tbsp. Salt 2 tsps.	1.Wash the liver well and cut it into thin strips. 2.Squeeze the lemon juice and salt on the liver. 3.Then add chopped green chilies, ginger and black pepper and mix well. 4.Heat the sesame seed oil and add the chili, ginger and black pepper. 5.Cook the mixture for 30 seconds, remove from the heat and pour over the liver. 6.Allow to cool, cover it and marinate for 3 hours. 7.To cook the liver, transfer it together with the marinade to a frying pan and fry for 15 minutes. 8.Once the liver is cooked, serve immediately.

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**KASHMIRI LIVER** A tangy dry dish of mutton liver

INGREDIENTS	METHOD
Mutton liver ½ kg. Onions finely chopped (medium size) 5 nos. Tomatoes (small size) 2 nos. Coriander leaves, chopped As required Red chilies 6 nos. Cloves 2 nos. Cinnamon 2 sticks Peppercorns ½ tsp. Coriander seeds ½ tsp. Jeera ¼ tsp. Ginger Small piece Garlic 10 flakes Ghee 2 tbsps. Salt To taste	1.Cut the liver into small cubes. 2.Grind to a paste with a little water the remaining ingredients except the liver, onions, tomatoes & coriander leaves and keep the paste aside. 3.Fry the onions well in the ghee. 4.Then add the liver cubes, ground masala and salt. 5.Stir continuously till the liver is done. 6.Garnish with tomato slices and coriander leaves.

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**LIVER MASALA**

INGREDIENTS	METHOD
1/2 kg liver, 1 tsp ginger-garlic paste, 1 tsp Red Chilli powder,	Wash liver and remove the thin layer surrounding it. Cut liver into small pieces and marinate in garlic-ginger paste, salt, haldi,

1/2 tsp haldi, 1/2 tsp garam masala, 1 tsp zeera powder, 1 tsp dhania powder, 2 onions(big), 3 tbsp oil, salt to taste, Cloves- 4 Bari ilaayachi - 1 Chhotee ilaayachi - 2 Daalchini (cinnamon ) - 1 inch thin strip 3 green chillies, 1 lemon	chilli powder for atleast 30 minutes. Heat oil in a non stick karaahi, put jeera, tejpatta, and dried red chilly. When the jeera begins to splutter, add cloves, illayachi & cinnamon, onion and saute for sometime over medium flame for 2 minutes. Add ginger garlic paste and saute everything for 2 minutes. Add finely chopped green chillies and marinated liver and cook for 5 minutes. Add lemon juice and garnish with chopped coriander leaves and serve hot with phulkas or parathas.
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<b>BHUNI KALEJI</b>	
INGREDIENTS	METHOD
500 gm liver, washed, wiped dry 1/2 teaspoon ginger paste 1/2 teaspoon garlic paste 1/2 teaspoon chili powder 1/2 cup yogurt 1/4 teaspoon garam masala salt to taste 2 tablespoons canola oil or butter oil 1 cup grated onions 2 tablespoons coriander leaves lemon wedges, for garnish	1 Chop the liver into small pieces and mix in the ginger, garlic, chilli powder, yogurt, garam masala and salt. 2 Keep aside for atleast 1/2 hours. 3 Meanwhile, heat the oil, add the onions and sauté till golden brown. 4 Add the liver mixture and sauté till the fat separates. 5 Add ½ cup of water and pressure cook for 5 minutes. 6 If not using pressure cooker, cover and cook till liver is tender. 7 Finally, uncover and stir-fry to dry the water completely till oil starts oozing out on the edges. 8 Serve garnished with coriander leaves and lemon wedges.

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<b>ROGAN JOSH A Kashmiri style mutton delight</b>	
INGREDIENTS	METHOD
Lamb pieces 800 gms. Dry ginger powder 1 tbsp. Cinnamon 2 no. Cloves 6 - 8 no. Black peppercorn 5 - 8 no. Black cardamom 4 no. Curd (yogurt) 1 cup Coriander powder 1 tbsp. Aniseed powder 2 tsp. Asafoetida a pinch Kashmiri red chili powder 1 tbsp. Ghee/Oil 4 tbsp. Salt As per taste	1. Clean, wash and cut lamb into medium sized pieces. 2. Heat oil in a thick bottomed pan. Add asafoetida, cinnamon, cloves, black peppercorns and cardamom. Sauté for half a minute. 3. Add lamb pieces and cook on a medium flame, stirring constantly till lamb pieces get a reddish brown color. This may take 12-15 minutes. 4. Sprinkle a little water and repeat cooking of lamb for 12-15 minutes on a slow flame. Make sure to stir constantly and scrape all the sediments from the bottom of the pan. 5. Add red chili powder, coriander powder, aniseed powder, dry ginger powder and salt. 6. Add beaten Curd/Yogurt and 2 cups of water. Cook covered till lamb is tender. 7. Traditional Kashmiri Rogan Josh has a thin gravy and has a thick layer of fat/oil on top. This dish is enjoyed best with steaming hot boiled rice.

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<b>MUTTON CHILLY FRY</b> A dry mutton preparation with dry red chillies	
INGREDIENTS	METHOD
Mutton 1 1/2 kg. Dry red chillies 20 nos. Cloves garlic 20 nos. Onions 4 nos. Cardamoms 6 nos. Cloves 6 nos. Cinnamon 2 sticks Ginger 4" piece Turmeric powder 1 tsp. Coriander seeds 3 tbsp. Sour curd 1 cup Ripe lemon juice 1 no. Coriander leaves 1 bunch Ghee 6 tbsp. Salt To taste	1. Wash and cut the meat into 2 inch cubes. 2.Slice the onions into thin long pieces and also cut the ginger and garlic separately. 3.Heat a teaspoon of ghee on a tava and roast the chillies till dark in color. Fry the coriander seeds, garlic and ginger separately in the same way, using just 1 teaspoon ghee for each ingredient. Keep these fried spices aside. 4.In a large saucepan, heat the remaining ghee and fry the onions till golden brown and crisp and keep aside. 5.Now add the cloves, cardamoms and cinnamon to the ghee and fry, put the mutton and turmeric powder and salt. Cover and cook till the meat is half cooked. 6.Pour a little water on the lid of the saucepan while cooking to avoid the meat from sticking to the bottom. Add the curds and remaining spices and mix and cook on low heat till the meat is tender. If necessary add a cup of warm water. 7.Just before serving mix in the lemon juice and fried onions and garnish with chopped coriander leaves.

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<b>DHANIA KEEMA</b> Minced mutton marinated and cooked in an exotic blend of coriander, spices and yogurt.	
INGREDIENTS	METHOD
Mutton kheema 500 gms. Yogurt ½ cup Onion chopped 2 nos. Coriander chopped 1 cup Juice of a lemon Cumin Seeds 1 tsp. Green chilli chopped 2 tbsp. Whole Coriander 1 tsp. Whole Garam Masala 1 tsp. Black pepper 1 tsp. Ginger chopped 1 tbsp. Coriander powder 1 tbsp. Garam Masala Powder 1 tsp. Garlic chopped 1 tbsp. Ghee 2 tbsp.	1. Marinate the mince meat with lemon juice, Curd/Yogurt, salt, Garam Masala Powder and half of the Green coriander (dhania). Keep aside for 1 hour. 2. Take oil in a pan. Add cloves, cinnamon, cumin seeds and whole coriander. Put onions and fry. Next add in green chillies and chopped garlic. Mix well. 3. Add the mince and fry it for some time. 4. Once fried, add coriander powder and mix well. 5. Add freshly ground pepper powder. 6. Finally put in a generous quantity of coriander, a pinch of salt, Whole Garam Masala and lemon juice. Cook on a low flame.

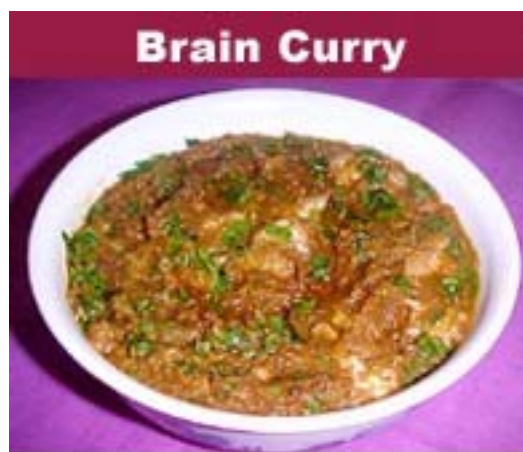
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<b>MUTTON KOFTA CURRY</b> Mince balls in a thick masala gravy	
INGREDIENTS	METHOD
Mutton, boneless 1 kg. Onions 2 nos. Besan (roasted) 2 1/2 tbsps. Egg 1 no. Ginger, finely cut 2" piece Green chillies, finely cut 6 nos. Green chili chopped 1 1/2"piece Red chili powder 1 tsp. Salt To Taste Oil for frying. To Taste.	1.For the koftas, mince the meat with all the other ingredients. 2.Remove the mixture and shape into balls. 3.Deep fry these balls till golden brown and keep aside. 4.For the curry, fry the onions, garlic and ginger till golden brown. 5.Add the rest of the curry ingredients with enough water to make a gravy. 6.Bring to a boil, add the fried koftas and simmer for 45 mins.



<p>For the curry  Onions 3 nos.  Garlic 3-5 cloves  Ginger 1 1/2"inch piece.  Haldi powder 1tsp.  Tomatoes, boiled &amp; skinned 1 cup.  Coriander leaves 2 tsps.  Red chili powder 1 tsp.  Garam masala 1 tsp.  Salt To taste</p>	<p>7.Garnish with chopped coriander leaves before serving.</p>
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<b>MUTTON BRAIN CURRY</b> Tasty mutton brain prepared with curds	
INGREDIENTS	METHOD
<p>Mutton brain(blanchd and cleant) 2 nos.  Curds 1/4 cup  Garlic 6 flakes  Onions(chopped) 2 nos.  Coriander seeds 2 tsps.  Garam masala 1 tsp.  Mango powder 1 tsp.  Coriander leaves As required  Red chillies 3 nos.  Ghee 3 tbsps.  Salt To taste</p>	<p>1.Grind to a paste all the ingredients except mutton brain, curds and coriander leaves.  2.Heat the ghee well in a karahi and fry the paste till it turns brown.  3.Add the mutton brain and fry for some time.  4.Add the curds and cook for 10 minutes.  5.If required you can add half a cup of hot water.  6.Garnish with coriander leaves.  7.Serve hot as a side dish.</p>

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<b>MUTTON CHOPS</b> Enjoy these mutton chops prepared with spices and curd	
INGREDIENTS	METHOD
<p>Chops ½ kg.  Curd 1 ½ cup  Tomatoes 200 gms.  Garam masala ½ tsp.  Ginger 75 gms.  Green chili A few  Red chili To taste  Nutmeg A pinch  Coriander powder 2 tsps.  Coriander leaves(chopped) ½ cup  Ghee 3 tbsps.  Salt To taste</p>	<p>1.Put chops in pressure cooker with chopped chillies along with tomato, salt, coriander leaves and pressure cook for 5 minutes till half done.  2.Then add ghee(oil) and fry for 10 minutes.  3.Mix all dry spices, garam masala red chili powder, coriander powder and nutmeg in curd and beat it.  4.Mix this in the chops and fry for 3 minutes.  5.Pressure cook for 3-5 minutes.  6.Garnish with coriander leaves and serve hot.</p>

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<b>MUTTON TIKKA</b> Marinated mutton pieces cooked in Tandoor	
INGREDIENTS	METHOD
Mutton pieces( boneless) ½ kg. Ginger 1 inch. Garlic 6 cloves Amchoor 1 tsp. Well beaten curd ½ cup Meat tenderizer / peeled unripe banana 4 cm. Garam Masala Powder 1 tsp. Chilies 3 Cumin seeds ½ tsp. Sliced lemon & onion rings Salt 2 tsp.	1.Grind ginger, garlic, cumin seeds, papaya and red chillies to a paste. 2. Combine Garam Masala Powder, Curd/Yogurt, salt and amchoor. 3. Mix all the above ingredients to the mutton mince. 4.Marinate the mutton mince in the refrigerator for 3-4 hours. 5.Make small balls of the mutton mince and place on to skewers & cook in a moderately hot tandoor for 6 to 8 minutes. 6.Baste the mutton pieces with oil and again put in the tandoor. 7.Cook until brown, turning as required. 8.Serve hot with sliced lime and onion rings.

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<b>KEEMA MATAR</b> A famous dish made of mutton mince, green peas and seasoned with delicious masalas.	
INGREDIENTS	METHOD
Mutton mince 750 gms. Shelled Green peas 1 cup Onions, chopped fine 2 nos. Green chillies 2 nos. Garlic, crushed 8 cloves Ginger, chopped fine 1" piece Red chili powder ¾ cup. Coriander Powder 1 tsp Cumin powder 1 tsp. Coriander Leaves ½ cup Garam masala powder 1 tsp. Lime juice 1½ tbsps. Water 1¼ cups Oil 4 tbsps. Salt to taste	1. Clean, wash and drain the mutton mince thoroughly. 2. Wash the peas, drain. Peel and chop the onions and garlic finely. Peel the ginger and grate. Wash and mince the green chillies. Clean, wash and chop the coriander leaves. 3. Heat oil in a thick bottomed pan and add the chopped onion. Fry till lightly browned. Add garlic and stir-fry for a minute. 4. Add mutton mince, grated ginger, minced green chillies, coriander powder, cumin powder and red chili powder. Stir-fry for five minutes breaking up any lumps if formed. Add ¾ cup of water, bring to a boil. Cover, lower the heat and simmer for half an hour. 5. Add peas, chopped coriander leaves, salt, garam masala powder, lemon juice and the remaining water. Mix well and simmer covered for about ten minutes till the peas are cooked well. Adjust seasoning. 6. Serve hot.

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<b>HALEEM</b> An exotic dish made with mutton, wheat and a mixture of three dals	
INGREDIENTS	METHOD
Mutton 250 gms. Wheat, soaked overnight, drained, pounded & husked 1 cup Channa dal, soaked for 1/2 hour A handful Moong dal, soaked for 1/2 hour A handful Masoor dal, soaked for 1/2 hour A handful Chili powder 1 tsp. Haldi 1/2 tsp. Onions, sliced and fried crisp 2 nos. Dhania powder 1 tsp. Ginger-garlic paste 2 tsp. Ghee 4 tbsp. Salt To taste	1. Heat 6-8 cups of water in a heavy bottomed dekchi. 2. Allow the water to boil, then add the drained dal, wheat and mutton along with the ginger-garlic paste, haldi, chili powder, dhania powder and salt to taste. 3. Cook over low heat till mutton is tender, stir and mash well. 4. Add the crushed fried onion, heat the ghee and pour it over the Haleem. 5. Sprinkle lemon juice and serve hot.

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<b>SEEKH KABAB</b> Succulent minced meat kababs flavoured with meat and spices	
INGREDIENTS	METHOD
Mutton minced 1 kg Chopped ginger 1 tsp. 4 -5 spring onions 3 -4 green chili 3 tbs. fresh coriander leaves chopped. 1 tsp. red chili powder 2 tsp. dry pomegranate seeds (anar dana) crushed. 2 tbs. coriander seeds crushed. 2 tsp. chat masala 2 tsp. garam masala 2 tsp. salt	1. Finely chop spring onions & green chillies. 2. Mix all the ingredients. Knead well. 3. Keep minced meat for couple of hours in the refrigerator. 4. Spread the mince balls on to the skewers, using a wet hand. Press evenly to get kababs of six inches length. 5. Roast in a moderately hot tandoor for 7-8 minutes or in a pre-heated oven (175° C) for 10 minutes. 6. Baste with oil and again roast for 2 minutes. Note : For Seekh Kababs, use mince which has been passed through a mixer twice.

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<b>BEAF STEAKS</b> Marinated beef pieces fried to give a delicious flavour.	
INGREDIENTS	METHOD
Beef (undercut) 1 kg. Peppercorns 10 nos. Pepper powder ¼ tsp. Worcetershire sauce 2 tsps. Bay leaves As required Ghee 4 tsps. Salt To Taste	1.Wash the meat, cut into medium size pieces and then flatten each meat piece. 2.Then marinate the meat with the sauce, pepper powder and salt. 3.Next add the peppercorns, bay leaves and oil and keep overnight. 4.Heat oil in a frying pan and fry the meat pieces on both sides. 5.Cook on a low flame till the meat is tender and cooked. 6.Serve hot.

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<b>DAL GOSHT</b> Boneless mutton marinated in yoghurt and a blend of spices, sauted in a dal mixture - A Hyderabadi treat	
INGREDIENTS	METHOD
Boneless mutton 1/2 kg. Chana dal 1/2 cup Tur dal 1/2 cup Onion slice 4 nos. Tomatoes chopped 2 nos. Curd 1/2 cup Lime juice 1 no. Turmeric powder 1 tsp. Red chili powder 1 tsp. Mustard seeds 1/2 tsp. Coriander powder 2 tbsp. Garam masala,whole 1 tsp. Garlic chopped 1 tbsp. Ginger chopped 1 tbsp. Cumin seeds 1 tsp. Garam masala powder 1 tsp. Coriander chopped 2 tbsp. Green chili chopped 2 tbsp. Amchur powder 2 tsp. Oil 3 tbsp. Salt To taste	1. Marinate mutton in Curd/Yogurt, lemon juice, part of turmeric powder, part of Garam Masala Powder, mix well, leave aside for 2 hours. 2. And now take chana dal and tur dal and cook it. Add turmeric and green chilies when it comes to a boil cover the pan and let it cook for some time till it is fully cooked. 3. Take a pan, put some oil, Whole Garam Masala and add onion and sauté well. 4. Next add green chili when the onions gets golden brown add ginger, garlic, coriander powder, remaining turmeric powder, red chili powder, cook for some time. 5. Now add the marinated mutton to this mixture and sauté it. 6. Grind dal in a mixer and add to the mutton. 7. Give tadka of mustard seeds, cumin seeds and whole red chili, sprinkle some coriander and cook the pan and simmer it for an hour. 8. Finely to this mixture add tomatoes, amchur powder, add a little salt, remaining garam masala powder, and cover it again for 10-15 minutes and cook on slow fire or till the mutton is fully cooked. 9. Serve hot.

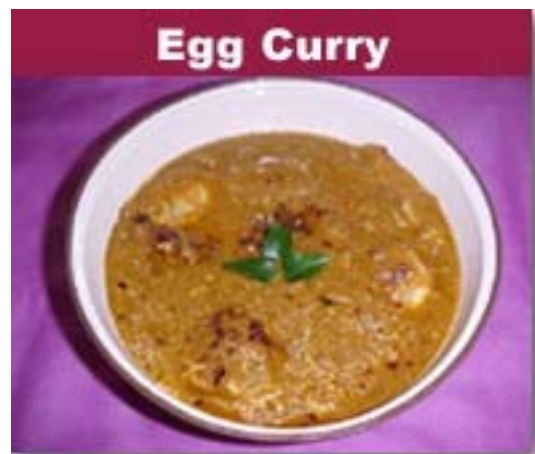
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**SHAMI KABAB** Minced meat balls, flattened and shallow fried. A speciality in Nawabi cuisine

INGREDIENTS	METHOD
<p>Kheema without fat 500 gms            Chana dal (washed and soaked in water for ½ hour) 2 tbsp.            Garlic flakes 10 nos.            Ginger 1" piece            Garam masala 1 tsp.            Elaichi 2 nos.            Dalchini pieces 2 nos.            Lavang 3 nos.            Dhania jeera powder 1 tsp.            Pepper A pinch            Chili powder 1 tsp.            Kothmir and Pudina chopped A handful            Egg 1 nos.            Lemon juice ½ no.            Onion minced 1 nos.            Oil/Ghee For frying            Salt To taste</p>	<ol style="list-style-type: none"> <li>1. To the washed and drained kheema, add the chana dal, sabut masala, 1cup warm water, salt to taste and then cook till dry.</li> <li>2. Remove from heat and add ginger, garlic, pepper, chili powder, dhania and jeera powder. Grind to a fine paste and then form into dough.</li> <li>3. To the minced onion, add the finely chopped pudina, kothmir, lime juice and salt to taste.</li> <li>4. Beat the egg lightly. Divide the dough into lemon- sized balls.</li> <li>5. Flatten each ball in the palm of your hand and stuff with a little of the onion mixture.</li> <li>6. Shape into a kabab and dip in the beaten egg. Shallow fry till it turns color.</li> </ol>

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**EGG CURRY** Spicy egg gravy ready in a jiffy

INGREDIENTS	METHOD
<p>Eggs 6 nos.            For the masala :            Coconut ½ piece            Red chilies(roasted) 5 nos.            Coriander seeds(roasted) 2 tsp.            Ajwain seeds(roasted) 1 pinch            Methi seeds(roasted) 1 pinch            Jeera seeds(roasted) 1 pinch            Onion(chopped fine) 1 no.            Salt to taste            For seasoning :            Onion(chopped fine) 1 no.            Oil 2 tbsp.</p>	<ol style="list-style-type: none"> <li>1. Grind to a paste the ingredients for the masala.</li> <li>2. Put the paste in a vessel and boil along with 4 cups of water and one onion.</li> <li>3. When the curry is boiling, lower the flame and break the six eggs one by one into the curry.</li> <li>4. Add salt and cook till the eggs are done and remove from the flame and keep aside.</li> <li>5. Take another vessel, put some oil in it and fry one onion till brown.</li> <li>6. Pour the curry over it.</li> <li>7. Boil for a little more time and remove from the flame.</li> </ol>

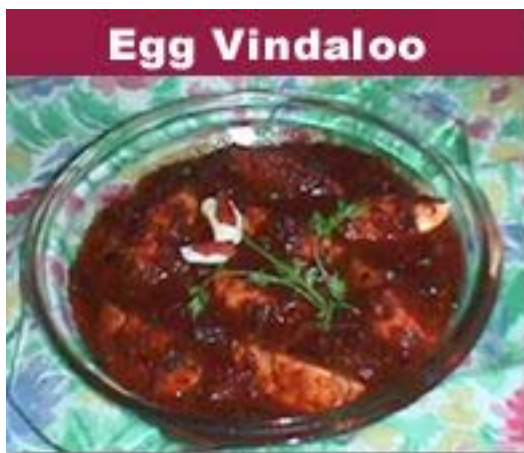
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**EGG VANDALOO** Hard-boiled eggs in a spicy but tasty gravy.



INGREDIENTS	METHOD
Hard boiled eggs 4-5 nos. Onions 2 nos. Dry red chillies 4 nos. Garlic 5 flakes Ginger 1 piece Cummin seeds ½ tsp. Cinnamon 1 piece Garam masala 1 tsp. Vinegar ¾ cup Sugar 1 tbsp. Ghee 2½ tbsp. Salt To taste	<ol style="list-style-type: none"> <li>1. Grind the red chillies, garlic, ginger and cummin seeds with a little vinegar and salt to taste.</li> <li>2. Chop the onions and fry in ghee, then add the ground paste and cinnamon to it.</li> <li>3. Then add sugar, vinegar and garam masala.</li> <li>4. Shell the eggs, cut into halves, lengthwise and add to the curry.</li> <li>5. Cook till the gravy thickens and serve with rice or rotis.</li> </ol>

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<b>FISH FRY</b> Boneless fish fillets coated with a blend of Indian spices and then deep fried to perfection	
INGREDIENTS	METHOD
Boneless fish fillets 500 gms. Red chili powder ½ tsp. Ground cumin 1 tsp. Ground coriander ½ tsp. Garlic, crushed 3 nos. Ground anise seeds (fennel) 1 tsp. Lemon juice 1 tbsp. (or vinegar 1 tsp) Oil For deep-frying Salt To taste	<ol style="list-style-type: none"> <li>1. Remove skin from fish, rinse and pat dry with paper towels. Cut into large chunks.</li> <li>2. Mix together cumin, coriander, ground anise, chili powder, garlic, lemon juice and salt, blending to a smooth paste.</li> <li>3. Spread over fish, cover and refrigerate for an hour.</li> <li>4. Half fill a deep pan or Kadhai with oil and heat. Fry the fish, until golden brown.</li> <li>5. Drain on paper towels. Serve hot.</li> </ol>

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<b>FISH CURRY</b> Boneless fish fillets cooked in a blend of coastal spices and coconut milk.	
INGREDIENTS	METHOD
Boneless fish 12 fillets Mustard seeds 1 tsp. Garlic paste 8 cloves Ginger paste 1" piece Green chillies, slit lengthwise, deseeded and julienned 6 nos. Onions, grated 150 gms. Curry leaves 24 nos. Tomatoes, pureed & strained 3 nos.	<ol style="list-style-type: none"> <li>1. Wash fish, rub salt in it and leave it for 1 hour. Heat oil in a pan and season with mustard seeds.</li> <li>2. Stir over medium heat until they begin to splutter. Add grated Onions &amp; fry to a pinkish colour. Add slit green chillies &amp; curry leaves and continue to fry for a minute.</li> <li>3. Add garlic/ginger paste and stir for a minute. Add turmeric powder and tomatoes. Fry for 2-3</li> </ol>

<p>Turmeric powder ½ tsp.  Coconut paste 2 cups  Vinegar 1 tbsp.  Coriander leaves 1 tbsp.  Oil 2 tbsp.  Salt To taste</p>	<p>minutes. Add the coconut paste and fry on low flame for 2 minutes till oil comes to the surface-add required quantity of water &amp; salt - cover &amp; let it bubble nicely.  5. when the Curry has reached its thickness add fish, and vinegar. Cover and simmer for a few minutes till the fish is tender. Stir only once or twice and very gently to make sure that the fillets do not break.  6. Taste and adjust the seasoning. Garnish with coriander leaves and serve with Steamed Rice.</p>
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<b>TANDOORI FISH</b> Delicious grilled fish marinated in Yogurt and spices	
INGREDIENTS	METHOD
<p>Fish 800 gms.  Ginger 1 cm. piece  Cumin seeds 1 tsp.  Chili powder ½ tsp.  Amchoor 1 tsp.  Turmeric powder ½ tsp.  Ghee 1 tbsp.  Garlic 1 tbsp.  Salt to taste  Dry mint leaves 1 tsp.  Lime juice 1 tsp.  A little curd</p>	<p>1. Grind together garlic, ginger, cumin seeds to a smooth paste. Add amchoor, chili powder, salt and Curd/Yogurt.  2. Clean and remove the skin of the fish and cut the fish crosswise into desired size pieces. Sprinkle with lime juice and set aside for 10 minutes.  3. Marinate the fish with the ground paste for 3 hours.  4. Remove the excess marinade, brush the wire mesh with oil and place the fish on it in the preheated tandoor/grill.Cook for 3 to 4 minutes.  5. Turn the fish over and smear with Ghee. Continue cooking for another 3 to 4 minutes until done. Brush the ungreased side with ghee and return to tandoor /grill for another minute.</p>

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<b>SPICY FISH</b> No one can eat just one - you won't be able to resist this spicy fish.	
INGREDIENTS	METHOD
<p>Fish (centre bone river fish)  1 kg.  Malt vinegar ½ cup  Ginger paste 3 tbsp.  Garlic paste 3 tbsp.  Green chili paste 4 tps.  Ajwain 3 tbsp.  Red Chili Powder 1 tsp.  Turmeric ½ tsp.  White pepper powder ½ tsp.  Gram flour 1 cup  Orange colour Few drops  Oil to fry  Salt to taste</p>	<p>1.Wash the fish and cut into 1/2" thick slices and pat dry.  2.First Marination:  - Dissolve salt in vinegar and leave the fish in this marinade for atleast 25 mins.  - Remove, place between two napkins and press gently to remove the excess moisture.  3.Second Marination:  - Mix the ginger,garlic &amp; chili paste, ajwain, red chillis, turmeric, pepper and salt with gram flour.  Add 7 tbsps of water and orange colour and make a paste of coating consistency.  - Apply the paste on both sides of the fish and arrange them on a tray atleast an inch apart. Keep aside for 20 mins.  4.Heat ghee in a frying pan and fry the fish over medium heat until well cooked.</p>

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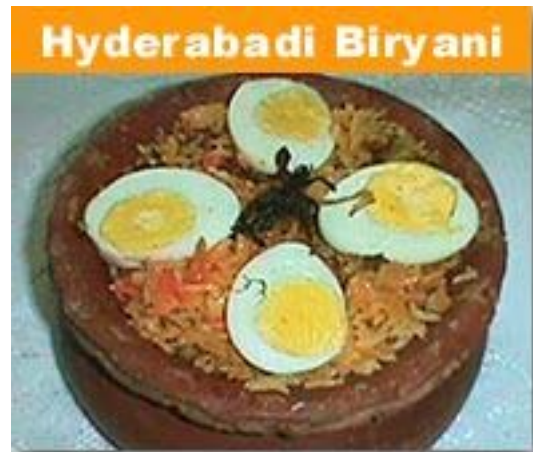


<b>GRILLED FISH</b> Grilled spiced pomphret. A real treat for sea-food lovers	
<b>INGREDIENTS</b>	<b>METHOD</b>
Pomphret, big 1 no. Garam masala 1 tsp. Coriander powder 1 tsp. Vinegar 2 tbsps. Ginger garlic paste 1 tbsp. Chilli powder To taste Oil 1 tsp. Salt To taste	1. Rub the fish with salt, chilli powder, garam masala, vinegar, coriander powder and ginger garlic paste. Keep it aside. 2. Line a pan with oil and grill the fish. 3. Serve hot.

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<b>CHICKEN BIRYANI</b> Chicken pieces marinated in a spice and curd mixture and cooked with basmati rice on a slow fire.	
<b>INGREDIENTS</b>	<b>METHOD</b>
Rice (Basmati) 300 gms. Chicken pieces 600 gms. Whole garam masala 2 tbsp. Sliced onions 1 cup Chopped garlic 2 tbsps. Chopped ginger 2 tbsps. Red chili powder 3 tps. Coriander powder 1 tbsp. Turmeric powder 2 tps. Bay leaf 2 nos. Chopped tomato $\frac{3}{4}$ cup Chopped green coriander 1 tbsp. Curd (yogurt) 1 cup Saffron $\frac{1}{2}$ gm. Garam masala powder 3 tsp. Milk $\frac{1}{2}$ cup Butter 50 gms. Golden fried sliced onions $\frac{3}{4}$ cup Ginger julienne's 1 tbsp. Oil 3 tbsps. Mint leaves 2 tbsp. Salt To taste	1. Pick, wash and soak rice in water for about 30 minutes. 2. Boil water, add $\frac{1}{2}$ of the Whole Garam Masala, bayleaf and salt and boil rice till $\frac{3}{4}$ th done. Drain rice and keep aside. 3. Mix salt, $\frac{1}{2}$ of the red chili powder, $\frac{1}{2}$ of the chopped ginger, $\frac{1}{2}$ of the chopped garlic, 1 tsp. Garam Masala Powder, $\frac{1}{2}$ of the turmeric powder and Curd/Yogurt. Mix well and put chicken pieces in this for an hour. 4. Heat oil in a Patila or a thick bottomed pan. Add remaining Whole Garam masala. Let it crackle. Add Sliced onions and sauté' until light golden brown. 5. Then add remaining chopped ginger, chopped garlic, coriander powder, turmeric powder, red chili powder, 1 tsp. Garam Masala powder and chopped tomatoes. Cook for about 5 minutes. Add marinated chicken and cook till chicken is tender. 6. Dissolve saffron in warm milk and keep aside. 7. Arrange alternate layers of chicken and rice. Sprinkle saffron dissolved in milk, remaining Garam Masala powder, ginger julienne's, mint leaves, golden fried sliced onions and butter in between the layers and on top. Make sure that you end with the rice layer topped with saffron and spices. 8. Cover and seal with aluminum foil or Roti dough. Cook in a preheated oven, for 10-12 minutes. Alternatively cook on an indirect slow flame for 10 to 12 minutes.

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<b>HYDERABADI BIRYANI</b> The ultimate of Nawabi cuisine. Cooked in the tandoori style- a rich preparation of rice and mutton	
INGREDIENTS	METHOD
Basmati Rice 500 gms. Mutton cut into small pieces 1kg. Garam Masala 2 tsp. Red chilies 6 nos. Cashewnuts A handful Onions (sliced fine and fried till crisp) 5 nos. Cloves 2 nos. Dalchini 2 pieces Elaichi 3 nos. Green chilies 6 nos. Kothmir, chopped 1 small bunch Pudina chopped 1 small bunch Ginger Garlic paste 3 tsp. Saffron (dissolved in $\frac{3}{4}$ cup milk) 2 pinches Curd beaten 1 cup Lime juice 2 nos. Eggs boiled 4 nos. Ghee /Oil 5 tbsp. Salt to taste	<ol style="list-style-type: none"><li>1. Grind the red chilies and cashewnuts to a fine paste.</li><li>2. To the mutton apply the ginger - garlic paste and beaten curd. Set aside.</li><li>3. Heat 4 tablespoons ghee and fry the red chili masala.</li><li>4. Add the marinated mutton, <math>\frac{1}{4}</math> of the fried onion, one teaspoon garam masala and salt to taste.</li><li>5. Keep frying till ghee separates. Add <math>1\frac{1}{2}</math> cups warm water. Pressure cook till tender.</li><li>6. Heat dekchi, add 1 tbsp ghee and fry the sabut masala.</li><li>7. Add the rice and fry a little. Add the green chilies and salt to taste.</li><li>8. Add enough warm water. Cook till rice is done, remove and spread on a thali, discarding the whole masala.</li><li>9. Mix together the chopped kothmir, pudina, garam masala and fried onion. Set aside.</li><li>10. Take a heavy bottlomed dekchi and line it with ghee.</li><li>11. Spread a layer of rice and cover it with half of the mutton. Sprinkle half of the pudina / kothmir mixture and juice of 1 lime.</li><li>12. Cover with rice, followed by a mutton layer. Finish with a rice layer.</li><li>13. Sprinkle the rice with saffron milk and dot with ghee.</li><li>14. Cover tightly and place over a griddle for dum for 20 minutes. Serve hot, garnished with eggs cut into halves.</li></ol>

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