

Mrs. Zameena Firaz  
123/3, Anderson Road,  
Dehiwela.  
Tel : 0772293002 / 2737624

**Festive Rice (Pakistan)**  
**Garam Masala**

**Ingredients:**

- Cardamom – 2 tbs
- Cumin seed – 2 tbs
- Coriander seed – 2 tbs
- Cloves – 1 tsp
- Cinnamon – 1 stick
- Bay leaves – 4
- Pepper corn – 1 tbs

**Method:**

In a pan add all the ingredients except bay leaves. Heat the pan in a low flame and start roasting it. Once you begin to smell the aroma, and the coriander seeds change colour immediately off the flame. Once this is done put in another dish (to avoid being over cooked). Once it cools down grind everything together with the bay leaves (remove shell of cardamom if necessary after grinding)

## Sindhi Biryani

### **Ingredients:**

- Ghee
- \* Chicken/Mutton – 500 – 750 gr
- Basmathi Rice – 1 kg
- Potato – 500 gr
- Tomato – 500 gr (sliced)
- \* Chillie powder – 1 tsp
- \* Salt to taste
- Onion – 2 medium sliced
- \* Garlic – 3 tbs crushed
- \* Ginger – 2 tsp crushed
- # Cardamom – 6 to 8
- # Cloves – 5
- # Pepper corn – 10
- # Cinnamon stick – 1''
- # Cumin seed – 1 tsp
- # Bay leaves – 2
- Plums to garnish
- Curd – 4 tbs
- Green chillies – 6
- Coriander – Mint leaves accordingly
- Yellow food colouring – 3 drops
- \* Garam masala – 1 ½ tsp

### **Marinade:**

Marinate the chicken together with all the above.

- \* Marinated ingredients for 1 hour or overnight

### **Spice Water:**

- Water – 1 ½ cups
- Pepper corn – 1 tsp
- Cinnamon stick – 1''
- Cumin seed – 1 tsp
- Cloves – 1 tsp
- Coriander seed – 2 tbs
- Grounded nutmeg – ½ tsp
- Cardamom – 5
- Bay leaves – 3

### **Method:**

Place the saucepan over high heat & bring to a boil, once it boils reduce to low flame & cover & cook until the mixture reduce ¾ cup.

**Method:**

Heat ghee in a pan and add onions and fry till it becomes golden brown. Remove onions from pan & stir into the curd. Now rub this curd all over the chicken and keep in a cool place for at least an hour. Heat the oil & add marinated meat and all of the spices with the # mark. Fry the meat for 5-10 min. Now add ½ cup of water, cover & cook over low flame. When the meat is half cooked add potatoes & cook over a low heat. While the meat is cooking prepare the spice water & keep aside.

Wash & soak rice in water for 10min & strain. Now add the rice in a bowl with 2-3 tsp of salt & plenty of water. When rice is half done, drain the water, add ¼ cup oil or ghee & fluff with a fork to prevent rice from sticking & then keep aside.

**Assembling:**

In a large pan place 2" layer rice at the bottom, then a layer of meat, sliced tomatoes & dried plums on top, repeat this process until the meat & rice have been used up. Sprinkle coriander & mint leaves on the top layer of the rice. Pour spice water on a top of the rice & do not stir. Mix the food colour with a little water & sprinkle over the rice.

Cover with a tight fitting lid & cook on low heat for about 15-20 min till rice is tender.

## **Chicken Tikka**

### **Ingredients:**

- Chicken – 500 grm
- Lemon juice – 5 tbs
- Curd – ½ cup
- G & G paste – 3 tsp
- Green chillie – 4 crushed
- Cumin seed – 2 tsp
- Garam masala – 2 tsp
- Chillie powder – 2 tsp
- Coriander powder – 1 tsp
- Salt – 2 tsp
- Few drops of yellow or red coloring

### **For Garnish:**

- Salad
- Onion rings
- Lime cut wedges
- Tomato cut wedges

### **Method:**

Place the chicken a bowl & put 2-3 cuts. Rub the lemon juice onto the chicken. Marinate for about 1 hour. Now take a bowl and add g & g paste, green chillies, cumin seeds, garam masala, chillie powder, coriander powder, salt and food coloring and curd & mix everything together. Now apply this mixture onto the marinated chicken. Cover & keep for – hours (out) or overnight in the fridge. Thread the chicken onto the skewers & grill (oven – 180 degrees or gas mark 5 roasts for one hour on both sides.

Garnish the chicken with the salad & onion, lime, tomato rings.

## Seekh Kebab

### **Ingredients:**

Mince beef or chicken – 500gr  
Spring onion – 3 (including green part)  
Green chillies – 3 medium  
Coriander leaves – 3 tbs  
Pepper powder - ½ tsp  
Coriander seed (crushed) – 1 tbs  
Garam masala – 1 tsp  
Salt – 1 ½ tsp

### **Method:**

Finely chop the spring onions & green chillies. Now put the minced meat in a bowl & add the ingredients & mix well. Grind everything together & keep in the fridge for a couple of hours. Now break of portions from the ball of meat & mould onto the skewers in the shape of sausages (press firmly). Now grill it from both sides.

## Curried Cauliflower

### **Ingredients:**

Oil – 4 tbs  
Gram flower – 1 tbs  
Water – ½ cup  
\* Chillie powder – 1 tsp  
\* Mustard Powder – 1 tsp  
\* Tumeric – 1 tsp  
\* Salt to taste  
Curry leaves 6 – 8  
Cumin seed – 1 tsp  
Cauliflower whole  
Coconut thick milk – ¾ cup  
Lemon Juice – 2 tsp  
Lime wedges to serve (optional)  
Mint leaves

### **Method:**

Mix the gram flour with a little water to make paste. Now add the remaining water and keep mixing all the ingredients with \* marks. Heat the oil & add curry leaves, cumin seeds. Now add the spice paste & simmer for 5 min. (is the sauce has become too thick add a little hot water) Now add the cauliflower and coconut milk & bring to a boil. Reduce the heat, cover & cook until the cauliflower is tender but crunchy. Add the lemon juice, and at last add mint leaves & serve hot.

## Chicken Kofta

### **Ingredients:**

#### **For the Kofta**

Mince chicken – 500g  
Bombay onion – 1  
G & G paste – 2 tbs  
Gram flour – 1 tbs  
Salt – 2 tsp  
Coriander leaves chopped  
Garam masala – 2 tsp

#### **For the Sauce**

Oil – 3 tbs  
Onion – 1  
G & G paste – 2 tbs  
Turmeric powder – ¼ tsp  
Chillie powder – 1 tsp  
Cumin powder – 1 tsp  
Yogurt – 2 tbs  
Tomato – 150g  
Cashew paste – 75 gm  
Salt to taste  
Coriander leaves chopped

### **Method:**

Chop onion. To the chicken mince, add the onions, ginger garlic paste, chopped coriander leaves, gram flour, garam masala and salt. Mix well, make small balls, deep fry and keep aside.

### **Sauce:**

Chop onion and tomatoes. In a frying pan, add oil and fry the chopped onions till golden brown, add the g & g paste and cook till the flavor, then add turmeric powder, chillie powder, cumin powder, yogurt, chopped tomatoes and cashew paste and mix well. Cook on a low fire till the gravy attains a good consistency. Now add fried koftas and simmer for 5 min. Garnish with fresh coriander leaves.

## **Garlic Naan**

### **Ingredients:**

Flour – 500 gm  
Baking powder – 1 tsp  
Baking soda – ½ tsp  
Salt – ½ tsp  
Sugar – 2 tsp  
Curd – 2 tbs  
Milk accordingly  
Coriander chopped – 2 tbs  
Garlic – 20 to 30 (crushed)

### **Method:**

Sieve the flour with baking powder, baking soda & salt. Now into the flour add sugar, curd and mix well. Now add milk accordingly. Finally add the chopped coriander to make dough out fit it. Now cover with wet damp cloth & keep for half hour.

After 30 min break portions & make into balls. Now roll & apply garlic onto it. Now roll into oblong shapes. Once done, put some oil in a pan grill on both sides. Serve hot.

