

Nihari

Ingredients:

Quantity	UoM	Item
2.5 - 3	lbs	Meat (Beef/Chicken/Lamb/Mutton/Goat) on the bone, cut into pieces
2	tbs	Nihari masala, heaped
1.5	tbs	Ginger/Garlic paste, heaped - fresh is best
1	tsp	Chilli powder, Kashmiri
1	tsp	Salt
1	ea	Onion, medium, finely sliced, I normally use 2-3
1	cup	Flour, wheat
1	cup	Oil/Ghee, half and half keeps it lighter
.5	cup	Oil/Ghee, for frying the onions

Method:

Heat Oil/Ghee on a medium-high heat until it hot but not smoking, next add the ginger/garlic paste, salt, kashmiri red chilli and fry for 1 minute.

Next add the meat pieces and fry till changes colour on medium-high heat.

Now add the nihari masala and mix well, then add enough water to cover by at least 1/2 inch, bring to the boil on high heat, reduce the flame to a medium heat, cook until the Meat is about half cooked.

Remove the meat pieces, keep to on side.

Mix the wheat flour with water and make into paste, ensure there are no lumps, I pass the mix through a small sieve to remove any lumps.

Add the paste to the gravy, mix and keep on a low-medium heat.

Add in the meat pieces and any gathered juices, simmer on low-medium heat until the gravy thickens.

In a frying pan, heat the oil/ghee on a medium-high heat until hot but not smoking, add onions and fry, taking care not to burn the onions, then add then to the gravy.

(I like to put the onions through a blender/food processor after cooking and then add to the gravy.)

Cook the gravy for further 5-10 minutes on a medium heat.

Note:

Because of differing water content between meats, you may have to add more water during cooking.

If gravy becomes too thick let it down with some water and stir it well through.

Nihari Masala

Ingredients:

Whole Spices

Quantity	UoM	Item
3	ea	Bay leaves, Indian
8	ea	Cardamom, black
2	tbs	Cardamom, green
2	tbs	Carom seeds
2	tbs	Chilli, red, Kashmiri - deseed as necessary
4	tbs	Cloves
8	tbs	Coriander seeds
4	tbs	Cumin seeds, white
6	tbs	Fennel seeds
.5	tsp	Mace
.5	ea	Nutmeg
1	ea	Star Anise, broken into pieces - optional

Powdered Spices

Quantity	UoM	Item
2	tbs	Chilli powder, red, Kashmiri
2	tbs	Ginger powder
2	tbs	Salt
.5	tsp	Salt, black
1	tbs	Turmeric powder - I prefer fresh turmeric root, grated

Method:

Grind all the whole spices together.

For a more complex smoky flavour, gently dry fry the whole spices and allow to cool completely before grinding.

If you burn the whole spices discard them as it'll make the masala bitter.

Mix the freshly ground whole spices with the powdered spices and mix well.

Store in an airtight jar out of direct sunlight.

Note:

Use 2-4 tbs of this masala for 2-3 lbs meat and 1-2 tbs for 1 lbs meat.

To make the masala spicier, add more salt and Kashmiri chilli powder.