

கிறிஸ்மஸ் கிச்சன் ஸ்பெஷல் III

கடந்த இரு வாரங்களாக "கிறிஸ்மஸ் கிச்சன் ஸ்பெஷல்" சமையலில் பலவகையான உணவு வகைகளைப் பார்த்தோம். கிறிஸ்மஸ் கிச்சன் ஸ்பெஷல் III நிறைவாகவும் கிறிஸ்து பிறப்பை கொண்டாடும் விதமாக திருவிழாக் கால உணவு தயாரிப்பு முறைகளை இன்றய வாங்க!, **இன்று என்ன சமையல்** பகுதியில் உங்களுக்கு அறிய தந்திருக்கின்றோம்.

குறிப்பு : இன்று வியாழக்கிழமை (23-DEC-2010) நமது பாடகர் குழுக்கள் பங்கு பெறும் பெறும் கிறிஸ்து பிறப்பு பாடல் நிகழ்ச்சியும் உணவு திருவிழாவும் காலா ஆலய கூடைப்பந்து மைதானத்தில் வைத்து நடைபெறுகிறது. அனைவரும் கலந்து கொண்டு சிறப்பிக்க அன்புடன் அழைக்கிறோம்.

SPECIAL CHICKEN BIRYANI

Chicken pieces marinated in a spice and curd mixture and cooked with basmati rice on a slow fire.

Ingredients

- 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 tsps.
- Coriander powder 1 tbsp.
- Turmeric powder 2 tsps.
- Bay leaf 2 nos.
- Chopped tomato ¾ cup
- Chopped green coriander 1 tbsp.
- Curd (yogurt) 1 cup
- Saffron ½ gm.

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- Garam masala powder 3 tsp.
- Butter 50 gms.
- Golden fried sliced onions
- ¾ cup
- Ginger julienne's 1 tbsp.
- Oil 3 tbsps.
- Mint leaves 2 tbsp.
- Salt To taste

Method

- ❖ Pick, wash and soak rice in water for about 30 minutes.
- ❖ Boil water, add ½ of the Whole Garam Masala , bayleaf and salt and boil rice till ¾th done. Drain rice and keep aside.
- ❖ Mix salt, ½ of the red chili powder, ½ of the chopped ginger, ½ of the chopped garlic, 1 tsp. Garam Masala Powder, ½ of the turmeric powder and Curd/Yogurt. Mix well and put chicken pieces in this for an hour.
- ❖ 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.
- ❖ 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.
- ❖ Dissolve saffron in warm milk and keep aside.
- ❖ 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.
- ❖ Cover and seal with aluminum foil or Roti dough. in a preheated oven, for 10-12 minutes. Alternatively cook on an indirect slow flame for 10 to 12 minutes.

HYDERABADI BIRYANI

The ultimate of Nawabi cuisine.Cooked in the tandoori style- a rich preparation of rice and mutton

Ingredients

- 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 1small 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

Method

- ❖ Grind the red chilies and cashewnuts to a fine paste.
- ❖ To the mutton apply the ginger - garlic paste and beaten curd. Set aside.
- ❖ Heat 4 tablespoons ghee and fry the red chili masala.

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- ❖ Add the marinated mutton, ¼ of the fried onion, one teaspoon garam masala and salt to taste.
- ❖ Keep frying till ghee separates. Add 1½ cups warm water. Pressure cook till tender.
- ❖ Heat dekchi, add 1 tbsp ghee and fry the sabut masala.
- ❖ Add the rice and fry a little. Add the green chilies and salt to taste.
- ❖ Add enough warm water. Cook till rice is done, remove and spread on a thali, discarding the whole masala.
- ❖ Mix together the chopped kothmir, pudina, garam masala and fried onion. Set aside.
- ❖ Take a heavy bottlomed dekchi and line it with ghee.
- ❖ 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.
- ❖ Cover with rice, followed by a mutton layer. Finish with a rice layer.
- ❖ Sprinkle the rice with saffron milk and dot with ghee.
- ❖ Cover tightly and place over a griddle for dum for 20 minutes. Serve hot, garnished with eggs cut into halves.

EGG VANDALOO

Hard-boiled eggs in a spicy but tasty gravy.

Ingredients

- Hard boiled eggs 4-5 nos.
- Onions 2 nos.
- Dry red chilies 4 nos.
- Garlic 5 flakes
- Ginger 1 piece
- Cummin seeds ½ tsp.
- Cinnamon 1 piece
- Garam masala 1 tsp.

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- Vinegar ¾ cup
- Sugar 1 tbsp.
- Ghee 2½ tbsp.
- Salt To taste

Method

- ❖ Grind the red chilies, garlic, ginger and cummin seeds with a little vinegar and salt to taste.
- ❖ Chop the onions and fry in ghee, then add the ground paste and cinnamon to it.
- ❖ Then add sugar, vinegar and garam masala.
- ❖ Shell the eggs, cut into halves, lengthwise and add to the curry.
- ❖ Cook till the the gravy thickens and serve with rice or rotis.

SHAMI KABAB

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

Ingredients

- 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.

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- 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

Method

- ❖ To the washed and drained kheema, add the chana dal, sabut masala, 1cup warm water, salt to taste and then cook till dry.
- ❖ Remove from heat and add ginger, garlic, pepper, chili powder, dhania and jeera powder. Grind to a fine paste and then form into dough.
- ❖ To the minced onion, add the finely chopped pudina, kothmir, lime juice and salt to taste.
- ❖ Beat the egg lightly. Divide the dough into lemon- sized balls.
- ❖ Flatten each ball in the palm of your hand and stuff with a little of the onion mixture.
- ❖ Shape into a kabab and dip in the beaten egg. Shallow fry till it turns color.

DAL GOSHT

Boneless mutton marinated in yoghurt and a blend of spices, sauted in a dal mixture - A Hyderabadi treat

Ingredients

- Boneless mutton 1/2 kg.
- Chana dal 1/2 cup
- Tur dal 1/2 cup
- Onion slice 4 nos.
- Tomatoes chopped 2 nos.

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- 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

Method

- ❖ Marinate mutton in Curd/Yogurt, lemon juice, part of turmeric powder, part of Garam Masala Powder, mix well, leave aside for 2 hours.
- ❖ 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.
- ❖ Take a pan, put some oil, Whole Garam Masala and add onion and sauté well.
- ❖ 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.
- ❖ Now add the marinated mutton to this mixture and sauté it.
- ❖ Grind dal in a mixer and add to the mutton.
- ❖ Give tadka of mustard seeds, cumin seeds and whole red chili, sprinkle some coriander and cook the pan and simmer it for an hour.

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- ❖ 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.
- ❖ Serve hot.

MUTTON TIKKA

Marinated mutton pieces cooked in Tandoor

Ingredients

- 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.
- Chillies 3
- Cumin seeds ½ tsp.
- Sliced lemon & onion rings
- Salt 2 tsp.

Method

- ❖ Grind ginger, garlic, cumin seeds, papaya and red chillies to a paste.
- ❖ Combine Garam Masala Powder, Curd/Yogurt, salt and amchoor.
- ❖ Mix all the above ingredients to the mutton mince.
- ❖ Marinate the mutton mince in the refrigerator for 3-4 hours.
- ❖ Make small balls of the mutton mince and place on to skewers & cook in a moderately hot tandoor for 6 to 8 minutes.
- ❖ Baste the mutton pieces with oil and again put in the tandoor.
- ❖ Cook until brown, turning as required.
- ❖ Serve hot with sliced lime and onion rings.
