

Bengali Dishes from the Feast of the Sacrifice

Cooking with Tonu and Mahabuba

September 28, 2013

Vegetable Poluv

Ingredients:

2 tbsp oil
1tbsp ghee
1 onion sliced
1 cup Basmati rice, 200gms
2 cups of water
Salt to taste
5-6 cardamom pods
3-4 bay leaves
½ inch ginger
Shan Biryani Masala
Vegetable- Carrot and Patnai sweet peas ½ lb
Saffron (a pinch)



Instructions:

- 1) Stir fry vegetables separately in a little oil and keep aside.
- 2) In a large pan heat oil over medium heat and sauté onions till golden brown. Keep aside some onion for garnish.
- 3) To the rest add water and boil with bay leaves and cardamom and rice. Salt to taste in water.
- 4) When rice is done add Shan masala powder and stir fried vegetables.
- 5) Garnish with 1 tsp of ghee, green chilies and saffron.

Bengali beef Curry

Ingredients:

1kg/ 2pounds of beef (medium size piece)
3-4 medium size potato cut into half and fried (optional)
3-4 onions, 6-8 green chilies / jalapenos
For marinating the beef
10 Garlic cloves
1 tsp. of Ginger and garlic paste
A pinch of turmeric powder
1/4 tsp. of red chili powder
Salt to taste
1 tbsp. of yogurt
3 bay leaves
4 whole cardamoms
1/2 tsp cumin powder
1/2 tsp. coriander powder
1/2 tsp. cumin seeds roasted and ground
1/2 cup of mustard oil



Instructions:

- 1) Marinate the beef with turmeric powder, salt, coriander powder, cumin powder, red pepper powder, yogurt and 1-2 tbs of mustard oil and the garlic /ginger paste. Let it sit there for 1-2 hrs.
- 2) Heat up heavy bottom pan, add 1-2 tbs of oil and fry the potatoes till brown on every side. Take out and keep aside.
- 3) Fry the onion until it gets golden brown, then add the marinated beef at this point, cook at medium heat for 20 min, (TIP- If the oil comes out by the side of pan, beef is fried well).
- 4) Add 1-2 cups of water (we want a thick gravy so don't add much water)
- 5) Cook first on high flame and then lower the flame and cook till tender. We don't want the gravy to be too dry.
- 6) Add potatoes and let it cool and sprinkle fresh chopped coriander leaves. Serve with rice of your choice

CHANA DAL WITH PUMPKIN

Ingredients:

1 lb chana dal
1 big onion
1 garlic bulb
2 tsp cumin
Ginger garlic paste
4 bay leaf
10 cardamom pods
2 green chilies
½ lb pieces of pumpkin

Instructions:

- 1) Soak the chana dal overnight which will help make it tender quickly during the cooking process.
- 2) Add double amount of water and boil the chana dal until each half of it gets tender
- 3) Fry chopped onion in oil. When it gets golden brown, add cumin, ginger garlic paste, cardamom and add pumpkin. Fry for about 10 mins and add the tender chana dal.
- 4) Add bay leaf and cardamom. Then add ground roasted cumin, Boil for 5 mins.
- 5) Garnish with chopped cilantro

In addition we will show you how to make alubokhara chatney and mango lassi.