

Bengali Wedding Food Recipes

Cucumber, Tomato and Mango salad

INGREDIENTS

- 1 Cucumber
- 1 Mango
- 1 Tomato
- 1 Lime, juiced
- Cilantro few leaves, chopped
- Salt a pinch
- Black pepper a pinch
- 1 tsp Olive oil



PREPARATION

Slice cucumber, tomato, and mango; mix together. Add salt, pepper, cilantro and lime juice.

Mango Lassi

INGREDIENTS

- 1 cup Mango pulp
- 1 cup Yogurt
- Mint leaves
- 2 tsp Lime juice
- 2 tbsp. Sugar
- Salt a pinch

PREPARATION

Blend together. Serve with ice



Shaami Kabab

INGREDIENTS

- 2 pounds ground meat (beef, chicken, lamb)
- 1/2 cup dried yellow split peas
- 1 onion, chopped thinly
- 1 tablespoon garlic, chopped
- 1 1/2 teaspoons fresh ginger, minced
- 3 whole small (green) cardamom pods
- 1 (4-inch) cinnamon stick, broken in half
- 2 whole cloves
- 2 whole dried red chilies
- 3/4 teaspoon salt
- 1 large egg
- 1/2 cup fresh mint, chopped
- 2 cups vegetable oil for frying



PREPARATION

In large pot, combine ground meat, split peas, garlic, ginger, green cardamom pods, cinnamon sticks, cloves, chilies, salt, and 1 cup water. Bring to boil, then lower heat to moderate and simmer, uncovered, until meat is brown and mixture is very dry, about 30 minutes. (Be sure that all water has evaporated.) Remove from the heat and cool.

Fry the sliced onion until golden brown.

When cool enough to handle, transfer meat mixture, including whole spices and chilies, to food processor. Grind until smooth and soft — texture should be finer than for hamburgers, but not so fine that it becomes extremely sticky. In large bowl, using hands, mix together ground meat, egg, onions and mint. Pressing firmly, form mixture into patties about 2 inches wide and 1/2 inch thick.

In large, heavy skillet over moderate heat, heat oil until hot but not smoking. Working in batches of 4 to 6 patties, fry them until browned, about 2 to 3 minutes per side. Drain on paper towels and serve hot.

Chicken Biryani

INGREDIENTS

- 2 lb chicken, cut into medium sized pieces
- 2 cup Basmati rice
- 2 medium onion, chopped
- 2 potatoes, cut into large pieces
- 1 tsp red chili powder or according to your taste
- 2 tsp Garam masala powder
- 2 tsp cumin powder
- 1 tsp coriander powder
- 1.5 Tbsp ginger paste
- 1.5 Tbsp garlic paste
- 4-5 cardamom pods
- 4 cinnamon sticks
- 4 bay leaves
- 1 tsp nutmeg paste (Jaifol)
- 1.5 cups yogurt
- 2 Tbsp ghee
- 8 Tbsp oil
- 2 tsp salt or according to your taste
- 1 pinch saffron
- 1 tsp rose water
- 1 tsp iris water



PREPARATION

Cut and wash chicken. Drain water from chicken.

Add red chili powder, garam masala powder, cumin powder, coriander powder, ginger paste, garlic paste, nutmeg, yogurt and 1 tsp salt to the chicken and mix all of them very well. Leave it for marinate around 1 hour.

Soak the saffron in 2 tsp. of hot water.

Wash the rice. Put 4 cups of water in a deep pan and bring the water to boil. Add rice, 2 cardamom pods, 2 cinnamon sticks, 2 bay leaves and 1 tsp salt. When the rice is cooked, add 2 tbsp of ghee.

Heat oil in a pan. Add 1 chopped onion and fry until deep golden brown. Add the rest of garam masala into the pan and stir around 1 minute. Add marinated chicken. Cook it in medium heat for around 25-30 minutes or until chicken becomes tender.

Fry the potatoes until golden, set aside.

Take a heavy bottom pan and spread chicken, potato and rice in alternate layers. Carefully end it with a rice layer and spread ghee on top of the rice. Spread soaked saffron and rose and iris water over the rice.

Cover the pan with a lid. Bake at 350 degrees for 20-25 minutes.

Mishti Doi

INGREDIENTS

- 1 quart milk (full cream)
- 6-12 tablespoons sugar
- 2 tablespoons plain yogurt



PREPARATION

Mix 6 tablespoons of sugar for mild sweetness or 12 tablespoons of sugar for a sweeter flavor with the milk.

Boil the milk and reduce it to half.

If you want to add color, otherwise avoid this step - place brown sugar and 2 tablespoons water in a heavy pan over medium heat. Cook, stirring constantly, until sugar is dissolved and starts to take on a deep brown color (do not burn it). Then mix it with the milk before adding the yogurt.

Cool the milk until it becomes around 120 F.

Then mix two spoons of plain yogurt with the milk, combine well.

Place the mixture in an oven at 150 F for 1 hour.

After 1 hour, turn off the oven and chill for 5 to 6 hours or overnight.