

Koyla Grill

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8th September, 2012 (3-5pm)

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Kebab is considered to be of Turkish origin and we usually associate kebabs with the advent of the Mughals into India. But this is not strictly true. The kebab was already a well-established tradition in many forms in India. The Rajputs, for example, made smoked kebabs long before the Muslim invasion. Hunting being a popular sport of the Maharajas, game meat was a favourite. This meat was often cooked over an open fire in the forest. Meat that was not consumed immediately was pickled and preserved for another day. The origin of the kebab was probably just a hunk of freshly killed meat smoked or cooked over a simple wooden fire now over **Koyla Grill** (coal) with a little salt and maybe some chilli powder added to it. The subtle addition of flavours, textures and tastes was an art form that evolved over a period of time. Most of the Maharajas were adept at cooking and evolved elaborate recipes using the finest ingredients. Kebabs are served with fresh salads, **mint yogurt chutney** and **naan/paratha**. The success of kebab depends on the: Succulence or freshness of tender meat or vegetable; size of the meat/vegetable; Marination; Right Degree of cooking; and Basting at right intervals. Ingredients for this class were purchased from Indian Bazaar on Rio Road, Kroger and Sam's Club.



Murg Malai Tikka Kebab

(Skewered creamy chicken chunks)

- ❖ Cut chicken breast to bite size pieces and dry them with paper towel and marinate with pepper powder, tenderizer and squeezed ginger garlic paste and keep in fridge for 30 min before adding to the below marinade.
- ❖ Next, make a marination by folding in paste of cheese, thick yogurt, cream, corn flour, chilli and coriander paste, salt, oil, cardamom powder. Mix well.
- ❖ Marinate the chicken with this marinade and put in the fridge for another 2-3 hr.
- ❖ Put on to skewer and cook on koyla grill else you can also put in the hottest possible setting on your oven, if possible on broil and cook for 10 min on each side till you see fine color on the kebab.
- ❖ Serve hot with sprinkled chat masala, lime juice, baby tomatoes and assorted bell peppers.

Ingredients

cardamom powder	pinch	1
cheese (either cottage/ mozzarella)	tbsp	2
chicken breast	lb	1
coriander leaves	sprigs	1
corn flour powder	tbsp	1
fresh thick cream	tbsp	1
thick yogurt/ curds	tbsp	1
ginger garlic paste	tsp	1
green chili	number	1
meat tenderizer	tsp	1/4
oil	tbsp	1
white pepper powder	pinch	1
salt	pinch	1

Tandoori Machi/Jhinga

(Grilled red spiced fish/shrimps)

Ingredients

1/2 cup lemon juice

1 tablespoon finely chopped garlic

2 teaspoons finely chopped ginger

16 clean jumbo prawns/shrimps

Or 2 lb thick fish fillet

1/2 cup plain thick yogurt

1 tablespoon crushed garlic

1 teaspoon finely chopped ginger

1 tablespoon vinegar

1/4 teaspoon ground turmeric

1 teaspoon red chilly powder

1/2 teaspoon garam masala mix

1/2 teaspoon white pepper powder

Salt to taste

- ❖ Whisk together the lemon juice, garlic and ginger. Place prawns in a shallow dish and cover with the marinade. Let sit 15 minutes. Drain and pat the prawns dry.
- ❖ Mix together all ingredients. Place prawns back in the dish and cover with the marinade. Cover with saran wrap and refrigerate for 1 hour at least, best overnight.
- ❖ Thread 2-4 shrimp on a skewer with vegetables of your choice and koyla grill for 3 to 4 minutes on each side. Serve with greens and grilled mangoes.



Boti Hara Ghosh

(Grilled green lamb/beef cubes)

Ingredients

2 lb lamb/beef $\frac{3}{4}$ - 1 inch cubes

1 tablespoon cumin seed

4 fresh green chillies

1 teaspoon black peppercorns

5 green cardamoms

1 inch cinnamon

$\frac{1}{2}$ teaspoon black peppercorns

$\frac{1}{2}$ teaspoon salt

1 teaspoon sugar

4 tablespoons cider vinegar

4 tablespoons oil

1 large onion

1 inch piece fresh ginger

2 garlic cloves

1 sprig of fresh coriander/cilantro

1 teaspoon turmeric

$\frac{1}{2}$ tsp meat tenderizer

Baby onions/potatoes



- ❖ In a dry blender mix together the cumin seeds, green chillies, pepper corns, cardamom seeds, cinnamon and the peppercorn seeds. Add the vinegar salt and sugar to make a paste. Add the ginger and garlic. Blend for 3 mins then add the coriander, onion and turmeric and blend till smooth paste.
- ❖ Sprinkle the beef with meat tenderizer and set aside for 15 mins. Season with salt.
- ❖ Now add the spice paste to the beef and leave for at least 4 hrs or preferably overnight in fridge.
- ❖ Place meat on skewers and koyla grill it till well done but not dry. Grill baby onions and potatoes if desired.
- ❖ Serve with naan or paratha with a side of mint yogurt chutney.