

RICH EVERYDAY PAKISTANI COOKING

KOFTAY

- Onions
- Ginger
- Garlic
- Red chili powder
- Turmeric powder
- Coriander powder
- Salt
- Yogurt
- Vegetarian meatballs
- Oil
- Coriander (cilantro)



Chop onions into slender slices, and then sauté until completely brown. Add ginger, garlic, red chili powder, turmeric powder, coriander powder, and salt, and cook for a couple minutes.

Take the cooked onions, and spices, mix them in yoghurt and place the yoghurt mix in a blender.

Mix well.

In the left over oil, lightly sauté the meatballs. Then add the contents of the blender in with the meatballs.

Cook until oil separates.

Garnish with coriander, finely chopped.

PULAO WITH RAITA

- Large chicken, chopped
- Ginger
- Garlic
- Cloves
- Cardamom
- Zeera (cumin)
- Curry leaf
- Cinnamon stick
- Garam masala powder
- Salt
- Basmati rice



Put chicken in a pot with ginger, garlic, cloves, cardamom, zeera, curry leaf, cinnamon stick, garam masala powder, and salt. Allow it to boil for a little while, once chicken looks like it is no longer white, add soaked Basmati rice and allow the whole thing to cook until the chicken is tender, the rice is fully cooked and there is no water left in the pot.

Top off with a tarka of hot oil and sautéed (brown onions)

RAITA

- Zeera (cumin)
- Coriander
- Tomatoes, chopped
- Cucumber
- Greek yogurt

Mix zeera and coriander, chopped tomatoes and cucumbers in Greek yoghurt. Eat with the pulao.