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B. COOKING OF MAIN MUTTON DISHES OF KASHMIRI PANDİTŞ

RECIPE NO. 39.

1. 'Nēni Qaliyā'. (E-Mutton 'Qaliyā') (H-'Gōshṭ kā Qaliyā'.)

Ingredients :-

1. Meat, (For suitable cuts and size of pieces see Chapter 9.)- 1 kg.
2. Suet and Fatty portions of Intestines.- 100 gm.
(Cut into pieces)
3. Milk,- 1 tea cup.
4. Curd,- 1 tea cup.
5. Green or Dry Ginger, - 2 pcs about 10 gm.
6. Aniseed unground, - 1 tbsp.
7. Cardamoms Big, - 2 nos.
8. Chili Powder, - 1/2 tsp.
9. Turmeric, - half tbsp.
10. Aniseed Powder, - 2 tsp.
11. Dry Ginger Powder,- 1 tsp.
12. 'Garam Masālā', - 1 tsp.
13. Green Cardamoms, - 10 nos.
14. Cloves,- 3 nos.
15. Caraway Seeds,- 1/2 tsp.
16. Asafoetida Powder, - 2 pinches.
17. Mustard Oil, - 1/2 tea cup.
18. Cumin Seeds, - 1 tsp.
19. Salt to taste, - about 2 tps.

Method of Cooking :-

1. In a steel or tinned brass or copper 'Paṭlā' of about three to four litres capacity, pour a litre of water and put in it the Meat, along with the Suet and Fatty Intestine pieces. Add Green or Dry Ginger pieces, after crushing these a little by pounding. Also add 2 tps. each of Turmeric and whole Aniseeds, along with half a tea spoon of Chili Powder, 2 crushed Big Cardamoms, 2 tps of Salt and a pinch of Asafoetida. Stir well and put the 'Paṭlā', after covering it with a lid, on medium heat to boil slowly for half an hour. Generally in Kashmīr, to prepare this dish earthenware vessels, a 'Leij' for a kg. and a 'Ḍēg' for 3 to 5 kgs. of Meat, are used. These give a special aroma to this cherished Dish, which is a must in all big Dinners.
2. Remove the vessel from the fire, and by straining through a colander or a strainer or a coarse cloth, collect all the Soup in a bowl. Sort out all the semi-cooked Meat pieces from the strained mass and discard all the boiled Ginger pieces, Aniseed, Cardamoms, bone pieces etc. Wash the vessel and pour in it the Soup. Add the Milk and Curd, after thoroughly churning these together along with powdered Aniseed, remaining Turmeric and powdered Dry Ginger. Bring it to boil again, while the contents of the 'Paṭlā' are constantly being stirred by a wooden or a steel ladle, so that the Curd and Milk do not crack, and separate from the Soup. When a homogeneously blended gravy is formed, add the sorted and half cooked Meat, Fatty Intestines and Suet. Occasionally stir the contents gently. Let it simmer on low heat.
3. Meanwhile in a pan or a 'Kadāhī' heat the Mustard Oil, till the foam disappears, and after removing the pan from the fire, let the oil cool a bit. Add a pinch of Asafoetida, Cloves and the

Cumin Seeds. Stir till the Cloves, Cumin Seeds and the Asafoetida gets fried but not charred. This imparts an aroma to the oil. Add this oil along with fried Spices to the Meat, while it is simmering. Stir with a ladle and let cook on low heat, till the Meat is tender. Now add 'Garam Masāla' and Caraway Seeds, and a bit crushed Green Cardamoms. Stir and remove the 'Paḷlā' from the fire for serving the Dish.

If the Dish is not to be served immediately, then the 'Garam Masāla', Caraway Seeds and Green Cardamoms, are added a little time before serving, while the Dish is again brought to boil. 'Qaliyā' should be piping hot while being served. In feasts it is always served as a first course, directly ladling it on the 'Baḷā' (Plain Cooked Rice).

Sometimes Saffron, some blanched Almond Kernels and a tablespoon of 'Ghī', are also added, while the Meat is simmering. Then this Dish is called 'Dārā Shāhī Qaliyā'. The quantity of Green Cardamoms added, is also increased in that case.

RECIPE NO. 40.

2. 'Nēni Rōḡan Jōsh'. (E-Rōḡan Jōsh of Mutton) (H-'Gōshṭ kā Rōḡan Jōsh').

Ingredients :-

1. Mutton,- 1 kg. (for suitable cuts and size of pieces see Chapter 9).
2. Mustard oil, - 1 tea cup.
3. Curd, - 1 tea cup.
4. Cloves, - 5 nos.
6. Salt, - 2 tsps.
7. Sugar, - 1 tsp.
8. Red Chili Powder, - 1 tbsp.
9. Turmeric, - 1/2 tsp.
10. Dry Ginger Powder, - 2 tsps.
11. Aniseed Powder, - 2 tsps.
12. Cumin Seeds, - 1 tsp.
13. 'Garam Masāla' - 1 tsp.

14. 'Ghī' - 1 tbsp.

Method of Cooking :-

Take a heavy round bottomed 'Paḷlā' of tinned brass or copper, of about 3 litres capacity. If it is not available, then a thick steel or aluminium 'Paḷlā' may be used. Pour the Mustard Oil in it and heat it on moderate flame. Meanwhile anoint the Meat pieces with the Curd nicely, so that all pieces get evenly covered by it. When the foam disappears from the oil, add the Meat pieces covered with Curd, and also any surplus Curd. Go on turning the Meat by means of a ladle or a broad steel spatula, after adding the Cloves, Cumin Seeds, Salt and a pinch of Asafoetida. When the liquid coming out of both the Meat and the Curd dries up, and the Meat begins to get fried in the oil, continue turning it till Meat pieces turn golden brown.

Now add half a cup of water, the Red Chili Powder, Turmeric and the Sugar. Go on turning the Meat till it acquires a brownish red colour and almost all water evaporates. Be careful that the Meat pieces do not stick to the bottom of the 'Paḷlā' and get charred.

Add again 2 cups of water, Dry Ginger and Aniseed Powders. Stir and mix well and let simmer on low heat, till the Meat becomes tender and the gravy is red, thick and oily. Now add the pure 'Ghī' and 'Garam Masāla'. Cook for 2 or 3 minutes more. 'Rōḡan Jōsh' is ready for serving.

If this is not to be served immediately, or is kept in a Refrigerator for later use, then before serving heat the 'Paḷlā' on medium heat again, after adding a tablespoon or two of water, while turning the Meat till it boils again and no caking takes place at the bottom of the 'Paḷlā'.

RECIPE NO. 41.

3. 'Maḡh'. (E-Minced Mutton 'Kōḷṭā') (H-'Gōshṭ kē Kōḷṭe').

There are several Dishes made out of Minced Meat. The mode of mincing, and pounding into different textures etc, and spices used, varies according to different varieties of Dishes to be cooked. 'Maḡh', also called 'Gaṇḍā Maḡh' or 'Kōḷṭā', is a popular preparation made for serving in big Dinners

and Feasts, and is also a welcome change in Daily Domestic Menus.

The lean Meat of Leg, Shank or Shoulder, is generally used for mincing, which is done with a Chopping Knife on a Wooden Crosscut Block, usually of Mulberry or Apricot wood. This mode of mincing makes the 'Maçhh' fine and granular.

If mincing is done by means of a machine, then such Minced Meat is subsequently pounded, with Spices etc., in a Mortar with a Pestle (K-'Hāvan Ḍaṣṭá'). This 'Maçhh' becomes fine but compact like dough.

Ingredients :-

A.

1. Minced Meat Chopped Granular, or Machine Minced and Pounded, - 1 kg.
2. 'Ghī' or Mustard oil, - 1 tbsp.
3. Dry Ginger Powder, - 1 tsp.
4. Aniseed Powder, - 1 tsp.
5. Salt, - 1 tsp.
6. Red Chilli Powder, - 1 tsp.
7. Asafoetida Solution, - 1 tsp.
8. Curd, - 1 tbsp.
9. 'Garam Masālā', - 1 tsp.
10. Some extra oil for greasing the hands.

B.

1. Mustard oil, - 1/2 cup.
2. Cloves, - 3 nos.
3. Cumin Seeds, - 1 tsp.
4. Asafoetida, - 1 tsp.
5. Chilli Powder, - 1/2 to 1 tbsp.
6. Turmeric, - 1 tsp.
7. Curd, - 1/2 tea cup.
8. Sugar, - 1 tsp.
9. Dry Ginger Powder, - 1 tsp.
10. Aniseed Powder, - 2 tsp.
11. Salt, - 1 tsp.
12. 'Garam Masālā' - 1 tsp.
13. 'Ghī' (Optional), - 1 tbsp.

Preparation :-

1. For Making Granular 'Maçhh', in which case the fine mincing of meat is done with a chopping knife, mix and knead all the ingredients (2 to 9), mentioned above in 'Ingredients' part A, with the Minced Meat. Divide into 30 to 40 portions, each about the size of a small egg. After anointing a little oil on the right hand palm and the front of its fingers, take each portion of the Minced Meat into the hand, one by one, and by alternately opening and half closing the fist, work each mass into a 'Kofīā', about 3" long cylindrical piece, ovoid at the ends. The oiling of the palms makes the 'Kofīās' smooth and compact.
2. In case the mincing is done by a Machine, mix with the Minced Meat, items 2 to 9 of part A of Ingredients, and then pound nicely, by means of a Pestle and Mortar, preferably a wooden Pestle and a stone Mortar, called 'Hāvan Ḍaṣṭá' or 'Çhōtā Ṭā Niyām' in Kashmirī, and 'Okhlī' and 'Mūsāl' in Hindī. Thus the ingredients will get mixed uniformly and all turn into a finely beaten Mince. In this case also, 'Kōfīās' are prepared as already described. Sometimes instead of mincing by a chopper or a machine, lean pieces of Meat are pounded on a flat stone by a wooden mallet, as in case of making 'Goashṭabá', 'Riṣṭá' etc., (See 'Meat Dishes of Kashmirī Muslims').

Method of Cooking :-

Take a 'Paḷlā' or 'Kadāhī' of about 2 litres capacity. Now ingredients mentioned in part B are used. Pour the oil in the 'Paḷlā' or 'Kadāhī', and heat it till the froth disappears and the oil begins to smoke. Remove the cooking vessel from the fire for a minute or two, to lower a little the temperature of the oil. Add Cloves, Cumin Seeds, and Asafoetida. Stir well. Then again, while stirring, add Chilli Powder, Turmeric and a quarter cup of water. Again place the 'Paḷlā' on the stove and resume heating on medium flame. Go on stirring with a ladle till oil acquires a reddish brown colour and begins to separate.

Add half a cup of well beaten Curd, and continue stirring till the Curd also gets a little fried and all blends into a thick reddish brown sauce. Now add half a litre of water, Ginger Powder, Aniseed Powder and Salt. Stir and mix well. Place all the 'Kōfīās', one by

one, gently in the vessel and let the whole boil slowly for 15 minutes to half an hour, till most of the water disappears and the gravy thickens and oil begins to separate again. Add Pure 'Ghī' and the Garam Masālā' and mix it, by lifting the pot with a cloth or tongs and shaking it gently so that 'Kōftās' do not split. 'Maçhh' is now ready to be served.

If it is not to be served immediately, then in that case add 'Garam Masālā' and 'Ghī' at the time of serving, while heating again the cooking pot on a low flame. Sometimes an extra pinch, each of ground Big Cardamom Seeds and Cinnamon, are also added at the end for additional aroma and flavour.

RECIPE NO. 42.

4. 'Nēni Yaḡhean' (E-Mutton cooked with Curd) (H-'Gōshṭ kī Yaḡhni').

Both Vegetarian and Non-vegetarian 'Yaḡhni' have a thick whitish and curdy gravy. Curd is an integral part in their preparation. No Chillies or Turmeric is used. Plain Cooked Rice and 'Yaḡhni' form a very good combination. It is especially liked by those who do not relish hot spicy dishes.

Ingredients :-

A.

1. Fatty Mutton cuts preferably from Breast, Neck, Tail piece and Loin, cut into 15 to 20 pieces, - 1 kg.
2. Aniseed whole, - 2 tsp.
3. Green Ginger, - 15 gm. or Dry Ginger, - 7 gm.
4. Salt, - 2 tsp.
5. Asafoetida, - a Pinch.

B.

1. Mustard oil, - half tea cup.
2. Cumin Seeds, - 1 tsp.
3. Cloves, - 5 nos.
4. Asafoetida, - a pinch.
5. Curd, - half kg.

6. Milk, - 1 tea cup.
7. Sugar, - 1 tsp.
8. Dry Ginger Powder, - 1 tsp.
9. Aniseed Powder, - 2 tsp.
10. 'Garam Masālā', - 1 tsp.
11. Caraway Seeds, - half tsp.
12. Green Cardamoms, - 10 nos.
13. Black Pepper Coms, - 1 tsp.
14. Black Cardamom Seeds, - 1 tsp.
15. Pure 'Ghī' (Optional), - 1 tsp.

Preparation :-

1. From ingredient list 'A' shred finely the Green Ginger after scraping. If Dry Ginger is used, pound it into small pieces.
2. From ingredients of list 'B', in a bowl, mix and churn together, with a churning stick (H-'Bilōni'), the Curd, Milk, Sugar, Ginger and Aniseed Powders. Keep it aside.
3. Pound the Black Pepper Coms and Black Cardamom Seeds into a coarse powder, and keep ready for use.

Method of Cooking :-

Take a tinned copper or brass or a stainless steel 'Paḡlā' of about 3 litres capacity. Put in it the Meat and add a litre of water, the whole Aniseeds, shredded Green Ginger or broken Dry Ginger, Salt and Asafoetida powder. Place the Patila on the stove and let it boil on a medium flame for 1/2 hour or so till the Meat become somewhat tender.

Remove, the 'Paḡlā' from fire and let it cool a bit. Strain through a colander or a cloth, collecting the Soup in a separate bowl. Sort out the Meat pieces, discarding the boiled Aniseeds, Ginger and bone pieces etc. Add the soup to the churned Curd, Milk, Ginger and Aniseed mixture and again mix it well with a ladle.

After cleaning the 'Paḡlā', used for boiling the Meat, pour the Mustard oil in it and heat it till the froth disappears and the oil begins to smoke a little. Remove the 'Paḡlā' from the heat for a few minutes,

to let the temperature of the oil come down a bit. Add Cloves, Cumin Seeds and a pinch of Asafoetida and stir with a steel or wooden ladle, till the Cloves and Cumin Seeds fry a bit, but do not get burnt.

Now add the mixture of Curd and Soup etc., and resume heating the 'Pañilā', while continuing to stir the contents so that the Curd does not crack and separate. Bring to a boil. When Curd, Soup etc. blend nicely, add the boiled Meat pieces. Let boil for a little while stirring the contents with a ladle now and then. Now let the Meat etc. simmer on low heat, till the gravy thickens, oil begins to show and the Meat gets soft.

Remove from heat if the 'Yaḡhñī' has to be served later. In that case, before serving, heat the 'Pañilā' again on a low flame and add the 'Garam Masālā', pounded Black Cardamom Seeds and Black Pepper Coms. Caraway Seeds and the Green Cardamoms after crushing these a little. Pure 'Ghī', if desired, may also be added. After stirring gently and boiling for a minute serve hot. If the Dish is to be served immediately after the gravy thickens, then these Condiments are added that very time.

For cooking 'Yaḡhñī' and 'Qaliyā', both Non-vegetarian or Vegetarian, generally an earthenware pot, a 'Leij', a 'Ḍeg' or a 'Ḍegul' is used in Kashmiri.

RECIPE NO. 43.

5. 'Shyaēm'. (E-Minced Mutton Cutlets cooked with Curd) (H-'Shyāmī').

It is a Minced Meat preparation cooked somewhat like 'Yaḡhñī'.

Ingredients :-

A.

1. Minced Mutton, of Leg, Shank and Shoulder mixed with some fatty pieces, - 1 kg.
2. Pure 'Ghī', - 1 kg.
3. Ginger Powder, - 1 tsp.
4. Aniseed Powder, - 1 tsp.
5. Salt, - 1 tsp.

6. 'Garam Masālā', - 1 tsp.
7. Curd, - 1 tbsp.
8. Asafoetida Solution, - 1 tsp.

B.

1. Mustard Oil, - 1/2 tea cup.
2. Cloves, - 3 nos.
3. Cumin Seeds, - 1 tsp.
4. Asafoetida, - a pinch.
5. Curd, - 1/2 Kg.
6. Milk, - 1 tea cup.
7. Ginger Powder, - 1 tsp.
8. Aniseed Powder, - 2 tsps.
9. 'Garam Masālā' - 1 tsp.
10. Caraway Seeds, - 1/2 tsp.
11. Crushed Seeds of 5 Green Cardamoms.
12. Black Pepper Powder, - 1 tsp.
13. Black Cardamom Powder, - 1 tsp.
14. Cinnamon Powder, - 1/2 tsp.
15. Pure 'Ghī', - 1 tbsp.
16. Salt, - 1 tsp. or according to taste.
17. Sugar, - 1/2 tsp.

Preparation :-

(a). In a basin mix nicely, by hand, all the ingredients, items 1 to 8 of part A. Then by means of a Wooden Pestle and a Stone Mortar (H-'Hāvan Ḍasṭā'), pound it into fine homogenous mass. If the Mortar is not big enough, pound small portions at a time, and then mix and pound the whole together. This facilitates the process. Often the Meat with Condiments, instead of being pounded in a 'Hāvan Ḍasṭā', is pounded on a Flat Stone by means of a Wooden Mallet. This turns it into a fine putty like mass.

Now divide this Mince into four to eight portions, according to the desired size of 'Shyāmī' slices. With oiled hands mould each portion into a compact

cylindrical shaped sausage of about $1\frac{1}{2}$ " to 2" diameter, and put these aside in a plate.

- (b). In a bowl of about a litre capacity, mix and churn together, with a churning stick (H-'Bilōnī'), the 1/2 kg. of Curd, 1 cup of Milk, 1 tsp Ginger Powder, 2 tsps Aniseed Powder, 1 tsp Salt and 1/2 tsp Sugar, out of the list B of ingredients, and put aside.

Method of Cooking :-

1. Take a steel or tinned copper or brass 'Paṭīlā' of about $2\frac{1}{2}$ litres capacity. Pour 2 cups of water in it and bring it to boil on a stove. Gently put the prepared Minced Meat cylindrical pieces, one by one, and side by side in the 'Paṭīlā', and allow these to boil for about 15 minutes, till these turn stiff and get somewhat cooked. Remove the 'Paṭīlā' from the heat, and take out the pieces by a perforated ladle to let these get cooled in a plate. Keep the Soup in a separate bowl to cool down.
2. Cut the cooled cylindrical pieces, into 1/2" thick round slices, by a sharp bread knife, and keep aside in the plate.
3. Add the Soup to the Curd mixture (b) and mix nicely by a steel ladle.
4. After wiping the inside of the 'Paṭīlā', pour into it the Mustard oil and heat it on a medium flame. When froth disappears and oil begins to smoke a little, remove the 'Paṭīlā' from the fire for a few minutes to let the oil cool a bit. Add Cloves, Cumin Seeds and a pinch of Asafoetida powder. Stir, Add the Curd and Soup mixture, and resume heating the 'Paṭīlā', while stirring the contents constantly, so that the Curd does not crack and separate. After boiling for a few minutes, the contents blend into a homogenous gravy.
5. Add the Minced Meat Slices to the boiling gravy, to get cooked for 10 minutes on low heat. Shake the 'Paṭīlā', or stir gently with a steel or wooden ladle, now and then.
6. Now let simmer for half an hour or so till the gravy thickens and the oil begins to separate.

7. Add the remaining ingredients of 'B' list, i.e., 'Garam Masālā', Caraway Seeds, crushed Green Cardamom Seeds, Powdered Black Pepper, Black Cardamom and Cinnamon, along with the 'Ghī'. Mix with the ladle, or by holding the rim of the 'Paṭīlā' with a cloth and shaking it gently. The 'Shyāem' is ready for serving.

In case the Dish is not to be served immediately, then the above mentioned remaining Condiments etc., of ingredient list 'B' part are added just before serving when the 'Paṭīlā' is reheated on a medium flame.

RECIPE NO. 44.

6. 'Kabargāh, Tā Ṭabaq Māz'. (E-Fried Pre-cooked Mutton Pieces) (H-'Kabargāh yā Ṭabaq Māz')

It is a gravy-less Fried Meat preparation, generally served as a last Meat Course by Kashmirī Pandīts, and is very delicious.

Ingredients :-

1. About 2" x 4" oblong pieces of Mutton from Ribs with fatty layer and skin intact, and each piece with 2 or 3 Rib Bones. (25 to 30 pieces per kg.), - 1 kg.
2. 'Ghī', - 250 gm.
3. Curd, - 1 Cup.
4. Red Kashmirī Chili Powder, - 2 tsps.
5. Ginger Powder, - 1 tsp.
6. Aniseed Powder, - 1 tsp.
7. Turmeric, - 1 tsp.
8. Asafoetida, - a pinch.
9. 'Garam Masālā', - 1 tsp.
10. Salt, - 2 tsps.
11. Milk, - 1/2 tea cup.

Method of Cooking :-

1. In a 'Pañilā', of about 3 litres capacity, pour 1/2 litre of water, and the 1/2 cup of Milk. Add Turmeric, Ginger and Aniseed Powders along with Cloves, a tsp salt and the Asafoetida. Stir and place the Meat pieces in the 'Pañilā', and boil on a medium flame. After 1/2 hour or so, when the Meat becomes tender, and almost all water gets absorbed and evaporated, remove the 'Pañilā' from the stove and let it cool down to some extent.
2. In a bowl, add to the Curd, the Chili Powder, 'Garam Masālā', and a tea spoon of Salt, and make a batter of these by beating with a spoon, or by means of a hand churner (H-'Bilōñ').
3. Take out the cooked Meat pieces from the little gravy left, which, after straining, can be used for some soup or mixed with the above batter. Keep aside the Meat pieces.
4. Heat the 'Ghī', in a 'Kadāhī', on slow fire and deep fry the Meat pieces on by one, after dipping each in the prepared batter. Fried brown, these 'Kabargāh' pieces are ready to be served piping hot.

'Ṭabaq Māz' varies from 'Kabargāh', because of its last process of cooking. Instead of deep frying in 'Ghī', as in case of 'Kabargāh', in this case, the cooked and battered pieces of cooked Meat, are placed in baked clay plates, called 'Ṭabaqs' or 'Ṭabchi' in Kashmīrī, after smearing 'Ghī' inside the plates. Covering each plate with another 'Ṭabaq', the rims are sealed with kneaded wheat flour dough. These 'Ṭabaqs' are then placed on a slow fire of live charcoals or someless burning cow-dung cakes to simmer so that the Meat pieces get sautéed, in an hour or so, to a deep brown colour. Some live coals are also placed on the top of these 'Ṭabaqs'. This slow steam cooking of Meat getting grilled in earthenware plates, imparts a special flavour and aroma to the Dish.

Remember that this Dish should always be served steaming hot.

7. 'Sīkhā Maḥḥ' (E-Minced Mutton roasted on Skewers) (H-'Sīkhōñ par bhunē huyē Kīmā kē Kabāb').

'Sīkhā Maḥḥ' is served in Dinners and Lunches and is also generally eaten with 'Ṭaṇḍūrī Rōgnī Rōñ' in Picnics, Tea and Cocktail parties. 'Ṭaṇḍūrī Rōgnī Rōñ', 'Nān', 'Parāñthā' and 'Sīkh Kabābs', are convenient to carry for outdoor Picnics. Mincing of Meat is done by a machine or by a chopper on a cross-cut Wooden Block.

Ingredients :-

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| 1. Well Minced Mutton of Leg, Shoulder or Shank, - | 1 kg. |
| 2. 'Ghī', - | 1 tbsp. |
| 3. Curd, - | 2 tbsp. |
| 4. Asafoetida solution, - | 2 tsps. |
| 5. Ginger Powder, - | 1 tsp. |
| 6. Aniseed Powder, - | 1 tsp. |
| 7. Caraway Seeds, - | 1/2 tsp. |
| 8. Crushed Black Cardamom Seeds, - | 1 tsp. |
| 9. Cinnamon Powder, - | 1/2 tsp. |
| 10. 'Garam Masālā', - | 1 tsp. |
| 11. Red Kashmīrī Chilli Powder, - | 2 tsps. |
| 12. Salt, - | 2 tsps. |

Preparation :-

Mix and knead the Minced Meat with all the other ingredients. Then by a 'Hāvan Daṣṭā' (Pestle and Mortar) pound for a few minutes, till the whole blends into a homogeneous mass. Now burn charcoals with the help of some kindling, not kerosene, in an iron or earthenware 'Sigñ' (Stove) preferably a low rectangular one, about 18" X 15". Keep ready the skewers ('Sīkh'). These are generally made of 5 mm square-iron pointed rods, each about 18" long with a wooden handle.

Method of Cooking :-

Divide the prepared minced meat into 15 to 25 portions, according to the desired size of 'Kabābs'. Hold the handle of skewer with left hand, and around its middle, by means of the palm and fingers of the right hand, wrap evenly a portion of the Condimented Minced Meat in the shape of a cylindrical 'Kabāb', of about 1" diameter and 4" to 6" length. By pre-heating a little the skewer, the Minced Meat adheres to the Skewer easily. Keep 6 to 8 loaded Skewers side by side, in parallel order over the stove, every Skewer resting on the edges of the two opposite sides of the stove. The 'Kabābs' get slowly roasted by the live charcoals. Keep the skewers turning regularly, so that every 'Kabab' gets roasted uniformly on all sides. Remove hot 'Kabābs' by means of a cloth from the skewers and serve preferably hot.

Sometimes lean Meat, Kidney or Liver pieces are also roasted on skewers, and when these get done a mixture of Salt, Red Chillī Powder and 'Garam Masālā' is sprinkled on these before serving. These are relished at breakfast.

In Kashmīr, 'Kāṇḍar' (Bakers of Kashmīr 'Çhoechi', 'T̄clavaer', 'Kuelchi' etc.), also undertake to roast 'Kabābs on long skewers in their ovens ('T̄aṇḍūr'). People take the prepared spiced Minced Meat, or even Meat cut into big pieces, to the 'Kāṇḍar', also called 'Nānvāyī', who roasts 'Kababs', or the Salted and Condimented Meat pieces, using long skewers in his round 'T̄aṇḍūr', heated by fire wood, and is paid for the job. Nowadays 'Kabābs' are also roasted in Electric ovens at home. The main thing is the preparation of the Minced Meat before it is roasted.

RECIPE NO. 46.

8. 'Çhoek Çarvan' (E-Sour diced Liver of Goat or Sheep) (H-'Khatī Kalējī').

It is a nice side dish, served as an appetizer, like a pickle and such other things. It is therefore prepared and served in small quantities, in Dinners and Feasts etc.

Ingredients :-

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| 1. Liver, - | 1/2 kg. in 3 or 4 pieces. |
| 2. Tamarind, - | 50 gm. |
| 3. Cumin Seeds, - | 1 tsp. |
| 4. Cloves, - | 3 nos. |
| 5. Asafoetida, - | a pinch. |
| 6. Red Chili Powder, - | 1 tbsp. |
| 7. Salt, - | 1 tsp. |
| 8. Sugar, - | 1 tsp. |
| 9. 'Garam Masālā', - | 1 tsp. |
| 10. Ginger Powder, - | 1 tsp. |
| 11. Aniseed Powder, - | 1 tsp. |
| 12. Mustard oil, - | 1/2 tea cup. |

Preparation :-

1. In a cup of water boil the Liver pieces for 10 minutes or so, till these get cooked and hard enough to be easily diced. Drain the liquid in a steel or glass bowl, and put the Tamarind in it to soak and soften.
2. When the boiled Liver pieces cool down, dice these into about 1/3" cubes. Keep aside.
3. When the Tamarind becomes soft, mash it with fingers in the very liquid in which it was soaked, and strain the pulpy liquid through a colander, or remove the stones, fibres and shell pieces etc., from the pulp by the fingers and thumb. Add Sugar to the pulp. Keep it aside also in the steel or glass bowl.

Method of Cooking :-

In an iron or a steel 'Kadāhī' or 'Paṭlā', on medium flame, heat the oil and when foam disappears and it begins to smoke, remove the vessel from fire. Let the oil cool down a little, and then add Chili Powder, Turmeric, Salt, Cumin Seeds, Cloves and Asafoetida, while, side by side, stirring with a steel ladle and adding a tablespoon of water. Resume heating the vessel and add the diced Liver, and go on turning with a steel spatula frequently, and let the Liver fry for 10 minutes or so. Now add the prepared

Tamarind Pulp and the Ginger and Aniseed Powders. Stir and mix well, Let it boil till the water almost evaporates and oil begins to separate. Add 'Garam Masāla', Stir and remove the cooking vessel from fire. Serve cold, a tablespoonful to each person.

RECIPE NO. 47.

9. 'Matar Maçhh' (E-Green Peas and Minced Mutton) (H-'Kīmā aur Harē Matar').

This is generally a side dish, served in Feasts, but is a very good preparation for Domestic Meals as well.

Ingredients :-

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|----------------------------------------|----------------|
| 1. Well Minced Mutton, - | 1/2 kg. |
| 2. Green Peas, in pods, - | 1 kg. |
| 3. Tomatoes - 250 gm. or Curd, - | 1/2 cup. |
| 4. Onions, - (Optional), - | 100 gms. |
| 5. Green Chillies, - | 3 nos. |
| 6. Garlic (Optional), - | 5 cloves. |
| 7. Asafoetida, - | a pinch. |
| 8. Turmeric, - | 1 tsp. |
| 9. Cumin Seeds, - | a pinch. |
| 10. Cloves, - | 3 nos. |
| 11. Red Chili Powder, - | 1 tsp. |
| 12. Salt to taste, - | 1 to 2 tsps. |
| 13. 'Garam Masāla', - | 1 tsp. |
| 14. Sugar, - | 1 tsp. |
| 15. Mustard oil, - | 1/2 cup. |
| 16. Coriander leaves, - | 5 or 6 sprigs. |
| 17. Almond Kernels and Raisins each, - | 10 nos. |
| 18. Pure 'Ghī', - | 1 tbsp. |

Preparation :-

1. Shell the Peas.

2. Scrape the Green Ginger and chop it finely.
3. After peeling Onions and Garlic, and removing the seeds of Green Chillies chop all these and also the Tomatoes, and keep aside in a plate. Tomatoes are not necessary, if Curd is used subsequently.
4. Blanch the Almond kernels and stem and wash the Raisins.
5. Wash the green Coriander Sprigs, pick their leaves and chop these.

Method of Cooking :-

In a steel or iron 'Kadāhī' or a round bottomed 'Paṭlā', of about 2 litres capacity, heat the oil. When the foam disappears, add Cumin Seeds, Cloves, chopped Garlic and Onions and also Asafoetida. Keep on stirring till Onions turn golden brown. Add Minced Meat, Green Peas, Chopped Green Ginger, Green Chillies and Tomatoes (or Curd in place of Tomatoes), the Turmeric, Red Chili Powder, Salt and Sugar. Mix well with a wooden or steel ladle or a steel broad spatula (H-'Paltā'). Go on frying on full flame, and turning so that the Minced Meat, Peas etc. get fried uniformly, without any part sticking to the bottom of the cooking vessel, and thus getting scorched. When oil begins to separate, add the Raisins and Blanched Almonds while turning and let all ingredients fry for a few minutes more. Now add a cup of water. Stir and mix with the ladle, and cook on low heat, till water almost disappears and oil again begins to separate. Add 'Garam Masāla' and 'Ghī'. Let cook for 2 or 3 minutes more. Transfer to a serving dish, and garnish with chopped Green Coriander leaves. Serve hot.

RECIPE NO. 48.

10. 'Charvan' (E-Cooked diced Liver of Sheep or Goat) (H-'Bēdh yā Bakrē kē Kalēja kē chhōtē chhōtē tukdē pakā kē').

It is a hot dish of diced Liver (K-'Kṛchnā Māz'), and generally, accompanies 'Tahāc' which is served

mostly as a 'Nived' after offering it to 'Deities' or 'Bhairavs' at some holy places in Kashmir, and also prepared on some auspicious days, such as Birthdays of the members of a family. Also in domestic meals 'Charvan' is a cherished preparation, eaten with Plain Cooked Rice, now and then.

Intredients :-

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|----|--------------------------------------|---------------|
| 1. | Liver diced into about 3/4" cubes, - | 1 kg. |
| 2. | Mustard Oil, - | 1 cup. |
| 3. | Red Chilli Powder, - | 2 tsps. |
| 4. | Turmeric, - | 2 tsps. |
| 5. | Salt to taste, - | about 2 tsps. |
| 6. | Cloves, - | 5 nos. |
| 7. | Cumin Seeds, - | 1 tsp. |
| 8. | Asafoetida, - | a pinch. |

Method of Cooking :-

In a 'Kadah' or 'Paṭilā', fry the diced Liver in the Mustard oil, on medium heat, and go on stirring with a ladle till the liquid, which comes out of it in the beginning, dries up and the oil begins to separate. Add Cloves, Asafoetida, Cumin Seeds and Salt, and for a couple of minutes, continue turning the contents, so that the Liver etc. does not cake at the bottom.

Now add half a cup of water, Turmeric and Red Chilli Powder. Keep on turning with the ladle for a few minutes more, till a rich reddish brown colour is produced. Add a cup of water again, and let the Liver pieces cook for another five minutes or more, till the oil begins to show. 'Charvan' is ready for serving.

One may also add deep fried, about 1" diced Potatoes, in the later stage of cooking i.e., when Turmeric and Red Chilli Powder and water are added. These Potatoes also acquire the flavour of the Liver, taste good, and add to the bulk of the Dish as well. Generally butchers sell 'Kalēji' as mixed Diced Liver, Heart, Spleen and Lungs. This also is cooked like 'Charvan'.

RECIPE NO. 49.

11. 'Bokāvachi Ćhhāgael', (E-Kidneys and Testes of Goat or Sheep) (H-'Gurḍe Kapūrē').

It is a nice Non-Vegetarian dish for domestic meals, takes very little time to cook, and goes well both with Plain Cooked Rice or 'Chapaṭis'.

Ingredients :-

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|-----|-----------------------------------------------------------------------------------|---------------|
| 1. | Mixed Kidneys and Testes, each cut into 4-6 pieces and 6-8 pieces respectively, - | 1 kg. |
| 2. | Mustard oil, - | 1/2 cup. |
| 3. | Red Chili Powder, - | 2 tsps. |
| 4. | Turmeric, - | 1 tsp. |
| 5. | Cloves, - | 3 nos. |
| 6. | Cumin Seeds, - | 1 tsp. |
| 7. | Asafoetida, - | a pinch. |
| 8. | 'Garam Masālā', - | 1 tsp. |
| 9. | Curd, - | 2 tbsps. |
| 10. | Salt to taste, - | about 2 tsps. |

Method of Cooking :-

In an iron or steel 'Kadah' or a 'Paṭilā' of about 2 litres capacity, pour the oil and heat on a medium flame. When foam disappears and oil just begins to smoke, remove the cooking vessel from heat, and let the oil cool a bit. Then add Cumin Seeds, Cloves and Asafoetida. Stir well with a ladle, and add the pieces of Kidneys and Testes and the Salt. Resume heating, while turning the contents with the ladle, till the Kidneys and Testes get a little fried. Now add Red Chili Powder, Turmeric, and the Curd well beaten with a little water. Continue stirring and turning with the ladle so that the Spices and Curd blend together and mix with the pieces of Kidneys and Testes. When oil begins to separate, add a cup of water more,

and continue cooking for another 5 to 10 minutes, till gravy thickens. Add 'Garam Masāla' and stir. The Dish is ready. Serve hot or cold as desired.

RECIPÉ NO. 50.

12. 'Pāchī Ṭā Hēri Ras' (E-Cooked Legs with Hoofs, and Head of Sheep or Goat) (H-'Bhēd yā Bakrī kē Pāyē aur Sir pakā kē').

Dressed Legs with Hoofs and Head of a Goat or a Sheep, are cooked together as a Soupy Dish, or a Curry. It is a nutritive dish and tastes very good. The Soupy Dish is called 'Pāchī Ṭā Hēri Ras'. The soupy gravy is liberally mixed with Plain Cooked Rice, which is then eaten along with the well cooked tender meat and gelatinous ligaments etc. The Curry preparation is more Spiced and has a thicker gravy and goes equally well with Plain Cooked Rice, 'Nān' or 'Chapātī'.

In Kashmīrī, Legs, with Hoofs (K-'Pāchī') of a Goat or a Sheep, are also called 'Pakāmoand'. 'Pakāmoand - Ḍāl' (Legs with Hoofs of Sheep or Goat, cooked with Green Gram 'Ḍāl'), used to be a cherished dish on 'Mehāṇḍī-Rāt' Dinners in Weddings of Kashmīrī Pandits.

Ingredients :-

1. Goat's or Sheep Legs with Hoofs, - a dozen
2. Head of Goat or Sheep, - one
3. Mustard Oil, - 2 tbsps.
4. Salt to taste, - about 1 tbsps.
5. Ginger Powder, - 2 tsps.
6. Aniseed Powder, - 2 tsps.
7. Asafoetida, - a pinch.
8. 'Garam Masāla', - 1 tsp.
9. Turmeric, - 2 tsps.
(Only in the case of Curry).

Preparation :-

The hair of the Head and the Legs with Hoofs, usually without peeling the skin, are removed at home. One can also buy ready dressed Legs with Hoofs and the Head, with skin along with hair removed, from the very butcher. He also dresses, and cuts into pieces, the Head, after discarding jaw bones and teeth etc. Butchers usually remove the Brain and sell it separately. By peeling off the skin, its delicious flesh, along with its nutritive gelatine, is lost.

At home the hair are removed by scalding i.e., dipping, the Legs with Hoofs and the Head, in boiling water for a few minutes, and then hair are pulled or scraped off easily, as also the horny coverings of the Hoofs and fetlocks. Any hair left, are then burnt on a flame of wood fire or a gas flame, after which the Legs with Hoofs and the Head are washed clean in several waters. The Head is then chopped into pieces and the teeth along with cheek, jaw and other superfluous bones, are discarded. The Brain is also removed and eaten separately, after frying it in oil, or is used in other preparations.

Method of Cooking :-

In a tinned 'Dēgchī' boil the dressed and washed Legs with Hoofs, along with the dressed pieces of the Head, in four or five litres or water, after adding the Mustard oil, Salt, Ginger and Aniseed Powders, and a pinch of Asafoetida. After boiling for a couple of hours or more, when the Meat and Tendons become soft and tender, and the Soup thickens, add a tsp of 'Garam Masāla'. The 'Hēri' and 'Pāchī' meat and its 'Ras' (Soup) is ready to be served.

To save time and quicken the process of cooking, nowadays a pressure cooker is used for cooking. In that case, the dressed Legs, and Meat of the Head, and only Oil, Asafoetida and Salt, along with 3 litres or so of water, are pressure cooked. The other Spices are added after pressure cooking for half an hour. Then after stirring, the cooking, without pressure, is continued for another 5 to 10 minutes.

To prepare a Curry of the Legs with Hoofs and the Head, dress these first and then, use for cooking only half the quantity of water mentioned above, and also add Turmeric and Red Chili Powder, each a teaspoon or two, in the initial boiling, and add a little more of 'Garam Masāla' in the final stage of cooking.

RECIPE NO. 51.

13. 'Tālīth Kāed' (E-Fried Brains of Goat or Sheep) (H-'Bhēd yā Bakrī kē Magz Tālē hu'yē').

Fried Brains are eaten at breakfast or as a side dish in domestic meals.

Ingredients :-

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|--------------------------------|-------------|
| 1. Brains of Goats or Sheep, - | 2 or 3 nos. |
| 2. Mustard oil, - | 1 tbsp. |
| 3. Chili Powder, - | 1/2 tsp. |
| 4. 'Garam Masālā', - | a pinch. |
| 5. Salt, - | 1/2 tsp. |
| 6. Turmeric | a pinch |

Method of Cooking :-

Boil the Brains in half a litre of water after adding Turmeric for few minutes or so, till these coagulate and become a bit stiff. Strain the water. Let cool. Cut each Brain into 8 or 9 pieces. Fry the pieces brown in the oil in a pan. Sprinkle a mixture of Red Chili Powder, Salt and 'Garam Masālā' on the fried pieces. Serve at Breakfast or as a side dish with Meals.

RECIPE NO. 52.

14. 'Kāed Pakōrā'. (E-Brain Fritters) (H-'Magz kē pakōdē').

Brain Fritters are sometimes eaten at Breakfast and afternoon Teas or at Cocktail Parties.

Ingredients :-

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|--------------------------------|-------------|
| 1. Brains of Sheep or Goats, - | 3 or 4 nos. |
| 2. Mustard oil, - | a cup. |
| 3. Gram flour ('Bēsan'), - | 1/2 cup. |
| 4. Curd, - | 1 tbsp. |
| 5. Red Chili Powder, - | 1/2 tsp. |

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|---------------------------------|----------------|
| 6. 'Ajwāin' or Caraway Seeds, - | a pinch. |
| 7. Asafoetida, - | a pinch. |
| 8. Salt to taste, - | about 1/2 tsp. |

Method of Cooking :-

1. Boil the Brains in 1/2 litre of water for 10 minutes or so, till these become stiff. Drain the water and let these cool. Cut each Brain into 8 or 9 pieces. Put aside.
2. Make a batter of Gram flour and Curd, after adding Red Chili Powder, 'Ajwāin' or Caraway Seeds, Asafoetida, Salt, and as much water as to make it thick enough to wrap and stick to the boiled Brain pieces, when dipped in it.
3. Heat the oil in a pan or a 'Kadāhī' till the foam disappears. After dipping each brain piece in the batter, so that it gets evenly covered by it, deep fry all battered pieces in the oil, all along turning the Fritters by a perforated ladle (H-'Jhamā'), in order to get these fried evenly to a golden brown colour. Fry only 3 or 4 pieces at a time, so that these get immersed in the boiling oil. Take out with the perforated ladle, draining all oil. Serve hot.

RECIPE NO. 53.

15. 'Chhāgael Yaḡhaen'. (E-Testes of Sheep or Goat cooked in Curd etc) (H-'Bhēd yā Bakrē kī Kapūrōṅ kī Yaḡhnī').

Dressed Testes are cooked like 'Shyāmī' of Minced Meat. It is a very delicious preparation.

Ingredients :-

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|--------------------------------|------------|
| 1. Testes of Sheep or Goats, - | 1 kg. |
| 2. Mustard oil, - | 1/2 cup. |
| 3. Cumin Seeds, - | 1 tsp. |
| 4. Cloves, - | 3 nos. |
| 5. Asafoetida, - | a pinch. |
| 6. Curd, - | 1/2 kg. |
| 7. Milk, - | 1 tea cup. |

- | | |
|-----------------------------------|--------------------|
| 8. Ginger Powder, - | 1 tsp. |
| 9. Aniseed Powder, - | 2 tsps. |
| 10. Black Cardamom Seed Powder, - | 1/2 tsp. |
| 11. Black Pepper Powder, - | 1/2 tsp. |
| 12. Cinnamon Powder, - | 1/2 tsp. |
| 13. 'Garam Masālā', - | 1/2 tsp. |
| 14. Pure 'Ghī', - | 1 tbps. |
| 15. Salt to taste, - | about 1, 1/2 tsps. |
| 16. Sugar, - | 1/2 tsp. |
| 17. Caraway Seeds, - | 1/2 tsp. |

Preparation :-

1. Boil the Testes in half a litre of water for 10 minutes. Let cool after straining, and retain the Soup.
2. Add Curd, Milk, Sugar and Salt to the cooled Soup. Mix and blend well by means of a churning stick or a spoon. Keep aside in a steel bowl.
3. Now peel off the skin of the boiled Testes and also separate their tips and tubular portions.
4. These tips and tubules are cut into pieces, along with the peeled skin and are fried and then cooked separately, after adding some deep fried diced Potatoes, some water and half a teaspoon each of Red Chili Powder, 'Garam Masālā' and Salt. This is used as a side dish.
5. Slice the oval shaped peeled Testes into 1/2" thick round pieces. These are now ready for cooking into 'Yaḡhni' like 'Shyāmī'.

Method of Cooking :-

Take a steel or tinned brass or copper 'Paṭīlā' of about 2 litres capacity. Heat the oil in it on medium flame. When foam disappears, add Cloves, Cumin Seeds and Asafoetida. Stir with a wooden or steel ladle. Add the chumed Curd Mixture, and go on stirring, so that while boiling the Curd does not crack and separate, but blend into a homogenous gravy. Add the Ginger and Aniseed Powders, and Salt to taste, Continue stirring for a couple of minutes more. Now put the round slices of Testes into the boiling

gravy, and gently turn these by the ladle now and then. After cooking for 10 to 15 minutes, when the gravy thickens, add Black Pepper, Cardamom and Cinnamon Powders, and also the Caraway Seeds and the 'Ghī'. Let boil for another five minutes and then add 'Garam Masālā'. Stir and remove the 'Paṭīlā' from the stove. The 'Chhagael Yaḡhaen' is ready to be served, preferably hot. This Dish is not served in big Dinners, but is sometimes cooked for Domestic Meals and for small Dinner Parties.

RECIPE NO. 54

16. 'Naiḡkalā Tā Phēṇḡeir Yaḡhean'. (E-Certain parts of Innards of Sheep or Goat, cooked with Curd) (H-'Bhēd yā Bakrī kē Chusṭē aur Charbōḡāh kī Yaḡhni').

This is a nice Dish for Domestic Meals. In Kashmīr, the 'Mucous' 'head' of stomach of Sheep or Goat is called 'Naiḡkalā' (H-'Chusṭā') and their large intestine covered with fat (Suet) is called 'Phēṇḡur' (H-'Charbōḡāh'). After thoroughly washing before cooking, the 'Phēṇḡur' is turned inside out so that fats get inside, and the tube is cut into 3" or 4" lengths. The cleaned 'Naiḡkalā' is kept whole or sometimes cut into two or three peices. Other Mucous and fatty parts of Innerds of a Sheep and Goat, called 'Naih', 'Ḍogeān Damiēn' etc., are also sometimes included in this preparation.

Ingredients :-

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|--------------------------------|------------------------------------------------------|----------|
| 1. 'Naiḡkalā', - | 3 or 4 and 'Phēṇḡeir', a dozen pieces, total about - | 1/2 kg. |
| 2. Mustard oil, - | | 2 tbps. |
| 3. Curd, - | | 1 cup. |
| 4. Milk, - | | 1/2 cup. |
| 5. Ginger Powder, - | | 1 tsp. |
| 6. Aniseed Powder, - | | 1 tsp. |
| 7. Black Pepper Powder, - | | 1/2 tsp. |
| 8. Big Cardamom Seed Powder, - | | 1/2 tsp. |





9. 'Garam Masālā', - 1/2 tsp.
10. Salt to taste, - about 1 tsp.
11. Cloves, - 3 nos.
12. Cumin Seeds, - 1/2 tsp.
13. Asafoetida, - a pinch.

Method of Cooking :-

1. Boil for half an hour the well washed Innard pieces, in half a litre of water, after adding the Salt, till these become tender and most of the water evaporates. Strain the Soup in a steel bowl, and keep the boiled pieces in a separate plate.
2. Add Curd and Milk to the above Soup along with Ginger, Aniseed, Black Pepper and Cardamom Powders. Churn with a churning stick or mix thoroughly with a spoon.

3. Now, in a steel or tinned brass or copper 'Paṭīlā', heat the oil on medium flame, and when the foam disappears, add Cloves, Cumin Seeds and Asafoetida, and stir well. Then add the above churned Curd Mixture. Go on stirring the contents with a wooden or steel ladle, so that the Curd does not crack or separate, till a well blended gravy is formed.

4. Add the boiled Innard pieces, and go on turning the contents till these are again brought to a boil. Let simmer on low flame till the curdy gravy thickens and oil begins to separate. Add 'Garam Masālā'. The 'Yaḥnī' is ready to be served.

It is generally eaten with Plain Cooked Rice in Domestic Meals. It is delicious and nutritive, and is liked by those who do not like to eat hot Dishes.