

Bangladesh Recipes

Bhuna Khichuri

Ingredients:

1/3 cup ghee
2 small bay leaves
1 cinnamon stick, broken into 2-3 pieces
4-5 cloves
1 cup Basmati rice
1 cup Moong dal
2 teaspoons finely diced ginger
2 teaspoons salt
4 cups water



Directions:

Heat ghee in a saucepan over medium high heat. Add bay leaves, cinnamon sticks, and cloves and lightly sauté for a minute.

Add rice, lentils, ginger, and salt, fry for about 5-10 minutes making sure the ghee coats all the rice and lentils.

Add the water and bring to boil. Cover, turn down the heat to simmer, and cook for 23 minutes. Remove from heat and serve.

Chicken Korma

Ingredients:

2 pounds bone-in chicken
2 medium onions, peeled
1½" ginger, chopped
4 cloves garlic, chopped
½ cup whole-milk yogurt
5 green cardamom pods
4 cloves
2 whole bay leaves
1 cinnamon stick
2 teaspoons salt
½ teaspoon sugar
1 teaspoon black peppercorns
2 small hot green peppers
4 tablespoons ghee



Directions:

Thinly slice one onion and set aside. Roughly chop the other onion; puree it in a blender with garlic and ginger until smooth. Add water if necessary.

Combine the puree, chicken, yogurt, cardamom, cinnamon, peppercorns, and bay leaves in a covered Dutch oven and simmer over medium-high heat, stirring occasionally, for 10-15 minutes.

Uncover and bring the pot to a low simmer. Cook until chicken is tender, 20-35 minutes.

Add in the sliced chilis and sugar and stir.

Heat the ghee and the thinly sliced onions in a pan over medium heat until they are a rich brown, 5-7 minutes.

Season the onions with a pinch of salt and stir it into the korma.

Beef Shingaras

Ingredients:

1 pound ground beef
1 onion, chopped
1 teaspoon cumin seeds
1 bay leaf
3 cloves garlic, minced
2 green chili peppers, chopped
1 tablespoon ground fresh ginger
½ teaspoon ground black pepper
1½ teaspoons salt
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon chili powder
1 teaspoon garam masala
2 tablespoons fresh cilantro, chopped
2 cups frozen cubed potatoes
1 cup frozen green peas
⅓ cup water
2 sheets prepared pie crust circles



Directions:

Spray large non-stick skillet with cooking spray and brown ground beef with onions over medium heat. Add in chopped garlic and chili peppers and continue cooking for another 5 minutes or until beef is completely browned and onions are translucent and tender.

Add in remaining spices and stir to combine. Carefully stir in potatoes and green peas. Add in water, cover, and simmer over low heat for 5 minutes. Remove pan from heat and chill in the refrigerator until cool.

Bring prepared pie crust to room temperature according to package directions. Cut each circle into 8 pieces. Place 1 tablespoon of beef filling in the middle of each pastry slice, and then gather the corners at the top to make a pyramid shape, sealing the sides with moistened fingers.

Heat oil in a large, heavy saucepan over high heat. Fry shingaras in small batches until golden brown, approximately 3 minutes. Drain and keep warm.

Mutton Curry

Ingredients:

4 tablespoons vegetable oil
2 large onions, sliced thin
2 large tomatoes, diced
2 tablespoons garlic paste
1 tablespoon ginger paste
2 teaspoons garam masala powder
2 teaspoons coriander powder
1 teaspoon cumin powder
½ teaspoon turmeric powder
½ teaspoon red chili powder
2 pounds sheep leg, cut into bite-sized chunks
Kosher salt, to taste
Chopped fresh coriander (cilantro), for garnish



Directions:

Heat cooking oil in a heavy-bottomed large pan over medium heat.

When hot, add the onions. Sauté until onions begin to turn a pale golden brown. Remove from oil with a slotted spoon and drain on paper towels. Turn off heat but leave remaining oil in the pan.

Grind onions into a smooth paste in a food processor. Once smooth, move into a separate container.

Grind tomatoes and garlic and ginger pastes together in the food processor into a smooth paste. Set aside for later use.

Reheat the oil over medium heat and add onion paste. Sauté for 2 to 3 minutes. Add tomato, garlic, and ginger paste, followed by garam masala, coriander, cumin, turmeric, and red chili powder. Mix well.

Sauté the resulting masala (onion-tomato-spice mixture) until the oil begins to separate from it.

Add the sheep pieces to the masala, season with salt to taste, and stir to fully coat the meat with the masala. Sauté until the meat is browned.

Add ½ a cup of hot water to the pan and stir to mix well. Bring to a simmer and cover the pan. Cook until the meat is tender. Stir often to prevent burning. The dish should have a thick gravy when done.

When the meat is cooked and the sauce has thickened, garnish with chopped coriander and serve hot.

Panch Phoron (Indian 5-spice)

Ingredients:

- 2 tablespoons cumin seeds
- 2 tablespoons fennel seeds
- 2 tablespoons fenugreek seeds
- 2 tablespoons black mustard seeds
- 2 tablespoons nigella seeds



Directions:

Combine all 5 spices whole. Store in a sealed container for up to six months.