

PAKISTANI RECIPES





Pakistani Recipes

Nargisy Kababs

Ingredients

1 kg minced meat
2 medium onions, cut into large pieces
1/2 cup curd
1 tbsp ginger-garlic paste
1 tsp red chilli powder
1 tsp garam masala
1/4 tsp turmeric powder
1 tbsp soy sauce
salt as per taste
1 tbsp vinegar
1/4 cup

For Filling:

4 boiled eggs, finely chopped
1 cup coriander leaves,
finely chopped
1 cup mint leaves, finely chopped
2 or 3 green chilies finely chopped
1 tsp. chat masala

For Frying:

1/4 cup besan
2 eggs
1/4 tsp salt
1/4 tsp turmeric powder

Method

Cook onions in oil until light brown. Add yogurt, garlic & ginger paste, salt, red chili, garam masala, Soya sauce & vinegar to the onions and cook for 6 to 8 minutes.

Add mince meat to it and cook for 3 minutes. Add 1/2 cup of water in it and cook until the meat is tender and water has completely absorbed.

Remove from heat and put aside to become cool. Put the mince in a food processor or chopper and grind to a smooth thick paste which hold its shape.

Prepare the stuffing. In a bowl mix together boiled eggs, coriander, mint, green chilies, chat masala. Break off 1-2 tablespoons of the mince paste.

Wet your palm with little water. Place the mince in the centre of your palm. Shape it into a smooth ball and then flatten it. Place 1 tbsp. of stuffing in the centre.

Fold the sides over carefully and reshape into a smooth flat shape. Repeat with remaining mince. Stir the eggs and crumbs together with a fork.

Dip the kabab in it and shallow fry over medium heat to a crisp golden color, turning them once. Remove from frying pan carefully. Serve hot chutney



Pakistani Recipes

Chicken Mussallam

Ingredients

- 1 whole chicken
 - 20 gms green chillies
 - 1 tbsp ginger-garlic paste
 - 2 tbsp grated raw papaya
 - 1 tbsp lemon juice
 - salt to taste
- For Marination:
- 1 cup curds
 - 1/2 tsp red chilli powder
 - 1 tsp kashmiri chilli powder
 - 2 tbsp salad oil

Method

Prepare the chicken (pluck, singe and skin). Cut slits lengthwise over the breast portion and breadthwise over the leg portion carefully.

Apply salt and sprinkle lime juice all over and keep aside. Grind green chillies, ginger and garlic to a paste.

Beat curds thoroughly. Add ground spices. Grind papaya and add. Beat well again.

Add the chilli powder and beat well. Add salad oil and colour and strain through fine sieve.

Rub the batter all over the body of the chicken and well inside the slits. Let it soak in the batter for at least 12 hours.

Thread chicken on to a thin iron rod and place it well inside the tandoor.

Remove when well done. Serve hot with onion rings and pieces of lime.



Pakistani Recipes

Chicken Shashlik

Ingredients

1/2 kg boneless chicken
4 potatoes - small size, boiled
2 capsicum
3 onions
1 cup plain flour
1 tsp cornflour
oil to fry
1/2 tsp red chili powder
1 tsp ginger-garlic paste
salt as per taste
tomato ketchup
bamboo stick (6" long) - 8

Method

Boil chicken ,Cut chicken and potatoes in 1" cube pieces (it should be 16 pieces each).

Cut 24 square shape pieces of onions and capsicums.

Take a bamboo stick and skewer the chicken (2 pieces) and potato (2 pieces), altering with onion and capsicum pieces.

Repeat for other sticks also ,Take a bowl and mix flour, corn flour, the spices and salt.

Add warm water to make a thick paste.

Coat the sticks with the flour paste and deep fry in medium heat.

Heat a clean frying pan and add tomato ketchup. Stir fry the sticks for a minute. Serve hot Chicken Shashliks.



Pakistani Recipes

Chapli Kababs

Ingredients

- 1/2 kg mince meat (beef or lamb)
- 1/2 tsp red chilli powder
- 1/2 tbsp roasted whole coriander seeds
- 1/2 tbsp roasted coriander seeds, coarsely ground
- 3 green chillies, chopped finely
- 1/4 tsp black pepper powder
- 1/2 tsp jeera powder
- 1 onion, finely chopped
- 1/4 cup finely chopped spring onion
- 1 1/2 cup finely chopped coriander leaves
- 1/2 cup finely chopped mint leaves
- salt as per taste
- 1 egg
- oil for shallow frying

Method

- Mix well all the ingredients in the mince except oil
- Keep aside for 1/2 hour
- Roll the mixture in round balls, approx (1 1/2 tbsp of mixture for each ball)
- Flatten (press by palms) the balls
- Heat oil for shallow frying
- Shallow fry the kababs till golden brown from both the sides
- Serve hot with breads



Pakistani Recipes

Nihari

Ingredients

1/2 kilo beef (with bones)
2 bay leaves
salt as per taste
1/2 tsp turmeric powder
1 onion, chopped finely
1/2 tsp ginger paste
1/2 tsp garlic paste
2 tbsp maida
1/2 tsp red chilli powder
1/4 cup yoghurt
2 tbsp oil

For garnishing

1 tsp grated fresh ginger
coriander leaves, chopped
2 green chillies, slitted

Method

Heat oil in a pot .Saute meat till light brown .Remove, drain and keep aside .Fry onion, till golden brown

Add meat and grinded ingredients, ginger-garlic paste, salt, chilli powder, yoghurt, turmeric powder and bay leaves

Add required water (approx 3-4 glasses) and let the meat cook on slow flame till tender .

The dissolve maida in 1/2 cup water, and pour slowly in the meat , stirring continuously .

Let it cook for some more time, and get the gravy to required consistency

Garnish with grated ginger, coriander leaves and green chillies .

Serve hot with Naan .

Grind together:

1 tbsp saunf (aniseeds)
1/2 tsp cumin seeds
1/2 tsp pepper
1/4 tsp dry ginger powder
1 badi elaichi
1/2" cinnamon
1/4 tsp nutmeg powder
5 cloves



Pakistani Recipes

Mutton With Egg Masala

Ingredients

- 1/2 kg mutton
- 4 hard-boiled eggs
- 1 tbsp ghee
- 2 (100 g) onions, chopped fine
- 2 (150 g) tomatoes, chopped
- salt to taste
- tamarind pulp
- lemon juice as required
- a few sprigs mint leaves for garnish
- grind for the masala paste
- 1/2 tsp (2 g) cumin seeds
- 1/2 tsp (2 g) turmeric powder
- 1/2 tsp (2 g) coriander seeds
- 6 peppercorns
- 2.5 cm cinnamon
- 2 cardamom
- 2 cloves
- 3 green chillies
- 2.5 cm ginger
- 6 flakes (12 g) garlic

Grind for the green chutney

- 1/2 bunch coriander leaves
- 1/4 bunch mint leaves

Method

Heat ghee and fry the onions till golden brown. Add tomatoes and fry well. Add the ground masala paste and fry lightly. Add mutton, salt and sufficient water and cook till done.

Add the green chutney, tamarind pulp and lemon juice. Stir well. Check the seasoning. Add eggs and serve garnished with mint leaves.



Pakistani Recipes

Haleem

Ingredients

1 kg boneless beef
2 tbsp ginger garlic paste
3 medium onions
2 tbsp chilli powder
1tsp haldi
300 ml oil
2 tbsp salt
2 tbsp garam masala powder
half cup channa dal
half cup mash dal
half cup masoor dal
half cup rice
1cup wheat

Method

Soak rice, wheat and dals overnight. Mix haldi, chilli, salt, onions, ginger paste, and 2 glasses water with beef and cook till beef is pretty tender.

Fry the same in 50 ml of oil. Remove beef pieces from curry, add curry masala in soaked dals, rice and wheat.

Boil in pressure cooker for 15 minutes by putting 1 jug of water. As water dries add beef and cook for 30 minutes more.

Fry 1 small finely sliced onion in remaining 250 ml oil. Put this into cooked mixture sprinkle garam masala and serve hot



Pakistani Recipes

Karahi Chicken

Ingredients

- 1 kilo chicken
- 2 tsp ginger paste
- 2 tsp garlic paste
- salt according to taste
- 1 tsp freshly crushed black pepper
- 1/2 tsp red chili powder
- 5-6 tomatoes (medium size)
- 3-4 whole green chilies
- 4 tbs oil

Method

This dish is best cooked in a Wok (Karahi) but you can use a regular pot if you don't have a Wok.

Add the chicken in a pot with garlic & ginger and leave on medium heat for the water to dry.

When the chicken has softened add everything, including the oil, except green chilies & tomatoes.

Increase the heat to dry water if any then add green chilies & tomatoes.

Lower the heat and cook covered for 5-10 minutes.

Then when the tomatoes have softened, increase the heat and evaporate all the water.

The end result should be with very little gravy. Serve with Naan.



Pakistani Recipes

Pakistani Prawns

Ingredients

- 4 cups prawns, peeled
- 8 cloves garlic, slices
- 1 tsp chili powder
- 1 cup water
- 1 tbsp sugar
- 4 onions
- 6 tomatoes, peeled, seeded & chopped
- 6 bay leaves
- 2 tbsp olives, chopped
- 1 tbsp pepper
- 4 tbsp butter
- 4 tbsp salad oil
- 1 tsp salt

Method

Chop onions and garlic and saute in a mixture of oil and butter until golden brown.

Add tomatoes and cook for 10 minutes, then add cleaned prawns, salt, pepper, chili powder, sugar and 1/2 cup of water.

Cook till the prawns are pink .Add the bay leaves and olives.



Pakistani Recipes

Mutton Curry

Ingredients

- 2 pounds mutton
- 3 onions
- 1-bunch herbs
- 1 clove garlic
- 1-teaspoon salt
- 1/2-pound carrots
- 2 tablespoons curry powder
- 1-teaspoon sugar
- 2 tablespoons tomato ketchup
- 1 tablespoon fat

Method

Cut meat in pieces, fry lightly in fat, add curry powder

Simmer in Water to cover with seasonings until meat is nearly tender (1 1/2 hours).

Dice carrots and add. Continue cooking until meat and carrots are tender.



Pakistani Recipes

Namak Mirch Kheema

Ingredients

- 2 lb. ground beef
- 2 tbsp. ginger paste
- 2 tbsp. garlic paste
- salt to taste
- 1 lemon
- 2 tbsp. yogurt
- 2 tbsp. ground red pepper
- 1 tbsp. chili powder
- 3 green chilies
- 1 bunch of cilantro

Method

Pour the oil into the pan and turn heat on high.

Add the ginger and garlic paste and keep stirring until it turns a little brown.

Add in the ground beef and let it cook until all meat is brown.

Add in the salt, ground red pepper and chili powder.

Keep mixing it until some water is absorbed then add in the yogurt.

Keep mixing it until almost all liquid is absorbed then squeeze one lemon into the meat and add the green chilies (sliced) and cilantro.

Mix for about 3-5 more min. and serve.



Pakistani Recipes

Shami Kabab

Ingredients

1/2 kilo boneless beef cut into small pieces
salt according to taste
1 cup presoaked dal channa
8-10 whole dried red chillies
10 whole black pepper
6 cloves
1 bari elaichi
1/2tsp jeera
1 stick of cinnamon
2-3 green chillies
1/2 a bunch of fresh dhanian leaves
1 egg
1 medium sized onion coarsely chopped
1 tsp ginger paste

Method

In a pot put with meat, salt, red chillies, chopped onion, black pepper, cloves, bari elaichi, jeera, cinnamon, ginger and 3-4 glasses of water

Leave to tenderize on low-medium flame. Meanwhile boil the dal separately until soft.

When the meat has softened and water is dried completely add the dal and mix together.

Remove from heat and let cool. Grind and add green chillies, egg, and fresh dhanian.

Form into kababs and fry. If you want to store them then arrange the formed kababs on a plate or tray without overlapping and put in a freezer for an hour.

Then remove and put in any bag or box in which you want to keep.



Pakistani Recipes

Chicken Pakora

Ingredients

- 16 sm chunks of chicken breast
- 1 lg onion
- approx same size piece of -ginger
- 1 clove garlic
- 1 chopped jalapeno pepper (if you want it spicy)
- 1 tsp lemon juice or
- 2 tsp plain yogurt
- 1 1/2 cup dry batter
- 1 tsp salt

Method

Blend everything but chicken and batter in blender until fine.

Use this to marinate the chicken for 1 hr.

Mix water with batter until batter is thick as honey.

Put chicken in batter.

Fry pieces under low heat to a medium brown.

Enjoy it as an appetizer or snack.



Pakistani Recipes

Murgh Tikka Hariyali

Ingredients

1 kg - boneless chicken
5 tbsp - ginger paste
5 tbsp - garlic paste
2 tsp - chilli powder
2 tbsp - garam masala
3/4 cup - thick dahi (curd)
1/2 cup - thick cream
1 bunch - coriander
1 bunch - mint leaves
10-12 - spinach leaves
3 tbsp - lemon juice
salt to taste
oil for basting

Method

Cut the Chicken into 1 1/2" chunks and marinate with salt, chilli powder and lemon juice. Keep aside. Grind the Coriander, mint & Spinach leaves to a fine paste. Mix this paste with dahi, cream, ginger and garlic pastes and the garam masala. Mix the paste with the Chicken & leave in the fridge overnight. Remove from the fridge at least one hour before cooking. Grill the Chicken pieces on skewers or a grilling tray basting over with oil. Cook until chicken is tender & browned on all sides.



Pakistani Recipes

Tandoori Fish

Ingredients

800 gms. fish
1 cm. piece ginger
1 tsp. cumin seeds
1/2 tsp. chili powder
1 tsp. amchoor
1/2 tsp. turmeric powder
1 tbsp. ghee
1 tbsp. garlic
salt to taste
1 tsp. dry mint leaves
1 tsp. lime juice
a little curd

Method

Grind together garlic, ginger, cumin seeds to a smooth paste. Add amchoor, chili powder, salt and Curd/Yogurt.

Clean and remove the skin of the fish and cut the fish crosswise into desired size pieces.

Sprinkle with lime juice and set aside for 10 minutes.

Marinate the fish with the ground paste for 3 hours.

Remove the excess marinade, brush the wire mesh with oil and place the fish on it in the preheated tandoor/grill.

Cook for 3 to 4 minutes. Turn the fish over and smear with Ghee.

Continue cooking for another 3 to 4 minutes until done.

Brush the ungreased side with ghee and return to tandoor /grill for another minute.



Pakistani Recipes

Mutton Biryani

Ingredients

750 g. mutton
350 g. basmati rice
1 cup fresh curd
2 large onions sliced
2 flakes garlic
3 large cardamoms
8 cloves
1 inch cinnamon
1 tbsp. ginger paste
2 tsp. black peppercorns
1 tsp. cumin seeds
1 tsp. chilli powder
1 tsp. coriander powder
1/2 tsp. nutmeg powder
a pinch of turmeric
salt to taste
100 g. ghee

Method

Bring 750 ml. water to boil, add rice, salt and turmeric, cover and cook for 15 mins. till water is absorbed. Heat ghee and fry half onions till brown, remove and keep aside, can fry raisins, pistachios and almonds and add (optional).

Add these to the rice. Fry rest of onions, add ginger, garlic, cumin, chilli powder, and fry, add mutton and brown on high heat for 5 minutes

Add cinnamon, cardamoms, cloves, peppercorns, coriander powder, nutmeg, salt and 125ml. water, stir well Cover and simmer for about 10 minutes. Remove from heat, stir in the curd and simmer for 5 minutes.

Layer a dish with alternate layers of rice and mutton, cook in a preheated oven at 200 degrees C for 10 minutes. Serve with raita. Delicious mutton biryani is ready.



Pakistani Recipes

Murgh Kaali Mirch

Ingredients

- 1 medium chicken
- 1 tsp fresh ginger paste
- 1 tsp fresh garlic paste
- 2 tsp coarsely ground black pepper corns
- 1 tsp white pepper powder
- 3 tbsp oil
- 1/2 cup water
- 2 tbsp lemon juice
- 3 green chillies-slit lengthwise
- salt to taste

Method

Mix together ginger & garlic pastes. Add salt, black pepper , and white pepper.

Rub the paste on the chicken pieces. Leave aside for one hour.

Heat oil in kadhai and add the chicken pieces Stir fry for 0-15 minutes.

Lower the heat and add the green chillies and water.

Simmer until chicken is tender. Add lemon juice and serve hot.



Pakistani Recipes

Kehtey Yogurt Chicken

Ingredients

4 lb chicken pieces skinned
3 t lemon juice
3 ea garlic cloves minced
1 1/2 t soy sauce
1/2 t fine herbs
1 1/2 t turmeric
1/4 t freshly ground pepper
3/4 t ground ginger
3 c plain yogurt
1/2 t cinnamon
2 ea onions finely chopped
1/2 t ground cloves

Method

Rub chicken with garlic, fine herbs and pepper. Combine remaining ingredients in large bowl.

Add chicken, turning to coat well. Cover and marinate in refrigerator 24 hours turning occasionally.

Preheat oven to 350.

Remove chicken from marinade and place in single layer in large roasting pan.

Tent with foil and bake 30 minutes.

Remove foil, turn pieces and bake about 30 minutes longer or until lightly browned, basting occasionally with marinade.



Pakistani Recipes

Bhuna Kheema

Ingredients

- 1/2 kg kheema
- 4 medium onions (sliced)
- 4 tsp garlic paste
- 1 tsp ginger paste
- 1 tsp turmeric
- 2 tsp coriander (ground)
- 3/4 tsp salt
- 3/4 tsp chilly powder
- 1 tablespoon oil
- green chilies & coriander (for decoration)

Method

Fry 2 onions on medium fire till brown.

Mix the dry masalas in water to make a paste.

Add to fried onions. Add rest of the [raw] onions. Stir.

Add 2 tsp garlic paste. Stir. Add kheema.

Let it cook till the water dries.

Put 2 tsp of garlic paste in a cup of water, add to the pan, and "bhoono" the kheema till it becomes dark brown.

Add chopped coriander and chopped green chilies for decoration.



Pakistani Recipes

Seekh Kabab

Ingredients

1/2 kilo finely grinded minced beef
salt according to taste
1 tsp chili powder
1 small onion chopped
1/2 tsp garam masala
1 small onion chopped
fried 1 egg
1tbs lemon juice
1/2 tsp ginger paste

Method

Mix all spices together and add to the minced beef.

Mix well, cover and leave in fridge to marinate for 3-4 hours.

Then form into long kababs (like sausage) and either fry in a little oil or barbeque.

Serve with onion, mint chutney and lemon.



Pakistani Recipes

Lassi Adrak

Ingredients

- 2 cups fresh chilled curds
- 1/2" piece ginger
- 1/4" piece of green chilli
- 2 pinches black salt
- 1/4 tsp. salt
- 1 tbsp. sugar
- 3-4 pinches cardamom powder
- 2 drops kewra essence (optional)
- 1/2 cup crushed ice

Method

Crush ginger, chilli very fine, or extract juice.

This is done, by adding a tsp. of water to the crush, then pressing out juice.

Pour curds in a jug. Add crushed chilli and ginger.

Add all other ingredients. Place jug in freezer till well chilled, or till required.

Just before serving, blend well with electric handbeater.

When frothy and light, pour into individual glasses.

Courtesy : Saroj Kering



Pakistani Recipes

Baingan Bartha

Ingredients

2 brinjals large, seedless, healthy
2 onions finely chopped
1 tomato finely chopped
1 tsp. garlic grated
1 tsp. ginger grated
2 tsp. lemon juice
2 tsp. ghee
2 tbsp. oil

2 red chillies dried crushed
1 tsp. cumin seeds
1 tsp. red chilli powder
1 tsp. dhania powder
1/2 tsp. turmeric powder
1/2 tsp. cinnamon-clove powder (refer)
1/2 tsp. punjabi garam masala powder (refer)
salt to taste

Method

Hold the brinjals with stems over fire, to burn skin. (Or run a few drops of oil, microwave in a loose-lid bowl for 3 minutes).

When skin blackens, hold under running water. Skin will not blacken if microwaved. Therefore peel.

Gently scrub off skin. Mash brinjals to a puree. Heat oil in a heavy kadai. Add ginger garlic and stir fry for a minute.

Add onions, all dry masalas, except red chilli powder, stir for a minute more.

Add tomatoes, brinjals, salt, lemon juice and stir. Simmer for five minutes. Take in serving bowl.

Just before serving, heat ghee in a small pan. Hold pan over bowl, add chilli powder, and pour immediately over bhartha.

Do not allow the chilli powder to burn. Garnish with chopped coriander.

Courtesy : Saroj Kering



Pakistani Recipes

Aloo Amritsari

Ingredients

500 gms. potatoes, peeled and cubed	1 tsp. red chilli powder
2 onions sliced into thin rings	1/2 tsp. turmeric powder
1 tsp. ginger grated	1/2 tsp. tandoori masala
1 tsp. garlic crushed fine	1/2 tsp. punjabi garam masala
1/2 tbsp. coriander finely chopped	1/2 tsp. sugar
1 tsp. ajwain seeds	1 anardhana powder
3/4 cup gram flour	salt to taste
	2 tbsp. oil

Method

Make a thick mixture of flour, salt, ginger, garlic, turmeric, ajwain, garam & tandoori masalas.

Sprinkle 2-3 tbsp. water if necessary. Add 1/2 tbsp. oil, mix well.

Use 2 tbsp. mixture to marinate onions, and rest to marinate aloo cubes.

Marinate aloo for 10 minutes.

Either fry pieces or grill on a bar-b-que skewer or grill mesh till crisp and brown.

Heat remaining oil, add onions, saute till light brown. Add marinate paste, stir well and cook.

When dry add fried potatoes, chilli, anardhana powder, sugar, salt.

Toss well. Garnish with coriander. Serve hot with tooth picks to pick up easily.

Courtesy : Saroj Kering



Pakistani Recipes

Pumpkin Soup

Ingredients

- 1, 200 gm. slice of yellow pumpkin
- 1, 200 gm. slice of white pumpkin
- 1 sprig dill leaves, finely chopped
- 1/2 cup cream
- 1 tsp. sugar
- 1/2 tsp. pepper freshly milled
- salt to taste
- 1/2 tsp. butter
- dill or mint to garnish

Method

Peel and chop both pumpkins together. Pressure cook with 1 cup water till soft.

Blend with an electric handblender. Pass through a sieve, add 1 cup water.

Put in a deep vessel, bring to boil. Simmer for 2-3 minutes, reduce heat.

Add salt, pepper, butter, sugar, dill leaves. Stir take off fire.

Add half fresh cream, stir till well blended. Serve hot.

Add a swirl of cream in individual serving bowls, after pouring hot soup.

Garnish with a teeny bit of dill or mint herb.

Courtesy : Saroj Kering



Pakistani Recipes

Pindi Channa

Ingredients

1 cup kabuli chana (white chick peas)
1 large tomato chopped
1 large onion chopped fine
1 small onion sliced into rings
1 tsp. garlic grated
1 tsp. ginger grated
3 green chillies chopped
1 tbsp. coriander chopped
1/2 tsp. each cumin & mustard seeds
1/2 tsp. dhania (coriander seed) powder

1 tsp. red chilli powder
1/2 tsp. garam masala
1/4 tsp. turmeric powder
1/4 tsp. cinnamon clove powder
3-4 pinches asafoetida
2 tbsp. tamarind extract
2 tbsp. oil
1 tbsp. ghee

Method

Pressurecook the chana till soft. (Approx. 4-5 whistles) Heat oil in a heavy saucepan add seeds, allow to splutter.

Add asafoetida, ginger, garlic, chopped onions, fry till lightly browned.

Add all dry masala, except clove-cinnamon powder. Stir well, add tomatoes, cook till oil separates.

Drain chana, add to pan, stir well. Add tamarind. Mix. Cook till fairly dry. Keep aside.

In a small pan, heat ghee, add clove-cinnamon powder, chillies.

Allow to pop a bit, add to chana. Stir gently till well mixed.

Garnish with chopped coriander and onion rings. Serve hot with naan or other rotis.

Courtesy : Saroj Kering



Pakistani Recipes

Bhindi Pyaz

Ingredients

300 gms lady finger
2 onions thinly sliced into rings
2 green chillies finely chopped
1 tbsp. coriander leaves finely chopped
1" ginger grated
2-3 flakes garlic, peeled, crushed
1/2 lemon juice extracted
1 pinch asafetida
2-3 pinches turmeric
salt to taste
2 tbsp. oil

Method

Slit lady finger half lengthwise. If too long cut into 3" long pieces.

Heat 1 tbsp. oil in a nonstick pan. Add ladyfinger, stirfry till it is crisp.

If overdone it will turn blackish, is underdone it will be sticky.

Remove from pan, keep aside till required.

Heat remaining oil in same pan, stirfry onions till golden brown.

Keep aside in pan till required. Just before serving, heat onions in pan.

Add all other seasoning, stirfry for a few seconds. Add ladyfinger, salt, stir and pour into serving dish.

Garnish with chopped coriander. Serve hot and crisp with loli, rice or parathas.

Courtesy : Saroj Kering



Pakistani Recipes

Apple Halwa

Ingredients

- 2 fresh kashmiri apples
- 1 cup semolina
- 1 cup sugar
- 1/2 cup ghee
- 1/2 tsp. cardamom seeds
- 10-15 strands saffron
- to garnish
- 10 blanched and halved almonds
- 10 pistachios slivered
- silver foil (optional)
- 5-6 neatly cut slices of apple

Method

Rub saffron in a tsp. of water, keep aside. Crush cardamom seeds coarsely, keep aside.

Melt ghee in a heavy pan. Add semolina, stir and cook on low flame.

Boil 3 cups water, side by side. Grate peeled apples, just before adding.

Semolina should give out an aroma and become light pink in colour.

Add half the boiling water and apples to semolina. Take care not to allow water to scald you hand.

Big bubbles will form soon as water is pour. Stir using a long handled spatula. When well mixed, gradually add some more water. Mix, and allow water to be absorbed.

Now add sugar, cardamom, saffron, mix. Stir gently and cook till sugar dissolves completely.

It is ready once ghee starts separating on sides. Pour into serving dish, garnish with silver foil, apple slices.

Sprinkle pistas, almonds, serve hot and soft.

Courtesy : Saroj Kering



Pakistani Recipes

Potato Palak Kababs

Ingredients

mix together

3 large potatoes, boiled,
skinned, mashed

2 green chillies finely chopped

1" ginger grated

5-4 flakes garlic, crushed

2 sprigs mint leaves, finely chopped

salt to taste

salt to taste

mix together

1 bunch spinach finely chopped

1/2 cup paneer finely grated

1 tbsp. cornflour

1/2 cup cashewnuts, broken coarsely

1 tbsp raisins, chopped

pepper to taste

Method

Mix together all ingredients along with potato. Keep aside. Blanche spinach in some boiling water, drain. Run in colander under tap water. Press out all water, to remove excess moisture. Mix together all ingredients for spinach, except cornflour.

Put to heat mixture in non-stick pan, on low flame. Stir and cook till well blended, add cornflour. Cook till mixture is thick like a soft lump. Cool both mixtures. Divide both mixtures into 6-7 portions each. Make round balls of both, separately.

Make a flat pattie of half a ball of potato mixture. Place a spinach ball in centre, press down gently to flatten on pattie. Make pattie with other half of potato mixture. Place over spinach pattie. Seal edges so that spinach mixture is hidden inside. Smoothen to form an oval kabab.

Repeat for all patties. Dust all patties with a little cornflour. Refrigerate for 15-20 minutes or till required. Shallow fry in a nonstick flatbottomed pan. Flip sides and fry to a golden on other side. Cut into halves before serving, hot and crisp. The filling is clearly visible inside. Serve hot with tomato or date sauce.

Courtesy : Saroj Kering



Pakistani Recipes

Methi Elaichi Loli

Ingredients

3 cups wholewheat flour
3 tbsp. ghee or butter
10 cardamom pods, seeded
1/4 cup sugar
1 cup water
ghee to shallow fry

Method

Crush cardamom seeds coarsely. Sieve flour into a large plate.

Make a well in the centre. Boil together ghee, water, sugar, cardamom seeds.

Simmer for a minute, or till sugar dissolves completely.

Cool to lukewarm. Pour into well of dough. Mix into a semi stiff, pliable dough.

Knead for 3-4 minutes, till dough is smooth. Cover with a moist cloth, keep aside for 30 minutes.

Divide dough in 4 parts. Take one part, make a smooth ball, roll into a thick round.

Make small incisions by poking with a fork or knife point, all over. Apply a little oil on board, to assist rolling.

Heat a griddle, put roti on it. Dry roast both side till tiny brown spots appear.

Reduce flame, drizzle a tsp. of ghee on one side. Fry till golden spots are formed, pressing with a spatula, to aid cooking.

Repeat for other side. Repeat till roti is crisp and golden. Repeat for remaining dough.

Serve hot with any of the lush gravy dishes.

Courtesy : Saroj Kering



Pakistani Recipes

Butter Chicken

Ingredients

chicken boneless (small pieces) 1kg
tomato paste 1/2 cup
full cream 3/4 cup
yogurt 1/2 cup
green chillies 6-7 (finely cut in small pieces)
red chilli powder 1 tbs
ginger garlic paste 1 tbs
coriander leaves
oil, hot chilli sauce
sugar 1 tsp

Method

First heat oil in a pan,,put boneless chicken & green chillies,,& fry till golden,then add ginger garlic paste & red chilli powder & fry for few minutes.

Then add tomato paste,,fry & add yogurt & cook for few minutes,,also add hot chilli sauce & sugar at this stage,,

then at the end add fresh cream & put on dum with green coriander leaves & fresh green chillies for few minutes until oil comes out..

butter chicken is ready & try ,,its really tasty.



Pakistani Recipes

Black Pepper Chicken

Ingredients

4 baby chicken breast pieces with shallow meat cuts
salt to taste
black pepper- one table spoon or to taste
lemon juice- 4 table spoons
yogurt -2 table spoons
vinegar- one table spoon
ginger and garlic paste- 1 table spoon
oil to deep fry

Method

Mix black pepper, salt, ginger and garlic paste, vinegar, lemon juice and yogurt together till paste is formed

Marinate chicken pieces in the paste and keep marinated pieces for 2 hours

Deep fry in the cooking oil till golden brown. Serve with Raita or Tomato Ketchup



Pakistani Recipes

Chicken Parmesan

Ingredients

- 1/2 cup dry bread crumbs
- 1/2 cup grated parmesan cheese
- 1 1/4 teaspoons salt
- 1/2 teaspoon fresh-ground black pepper
- 3 tablespoons olive oil
- 1 onion, minced
- 2 cloves garlic, minced
- 2 1/3 cups canned crushed tomatoes in thick puree (from a 28-ounce can)
- pinch dried red-pepper flakes (optional)
- cooking oil, for frying
- 4 boneless, skinless chicken breasts (about 1 1/3 pounds in all)
- 2 eggs, beaten to mix
- 4 small (about 6 inches) hero or other sandwich rolls, split

Method

In a shallow bowl, combine the bread crumbs, Parmesan, 1/2 teaspoon of the salt, and 1/4 teaspoon of the black pepper.

In a large saucepan, heat 1 tablespoon of the olive oil over moderately low heat.

Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.

Add the garlic and stir for 30 seconds.

Stir in the tomatoes, red-pepper flakes, and the remaining 3/4 teaspoon salt and 1/4 teaspoon black pepper.

Bring to a simmer, reduce the heat, and simmer, stirring occasionally, until thickened, about 20 minutes.

Remove from the heat and cover to keep warm.



Pakistani Recipes

Dry Chicken Chilli

Ingredients

- 4-5 (boneless and cut into small pieces).
- 6-8 green chillies(seed and slice).
- 1 clove of garlic(crushed).
- 1 tablespoon of soya sauce.
- 1 tablespoon of vinegar.
- ½ teaspoon of ajinomoto.
- ½ teaspoon of black pepper(ground).
- salt to taste.
- 2 tablespoons of oil.

Method

Put the meat in a bowl and Pound it carefully to flatten slightly.

Add soya sauce and vinegar, mix well. Leave for 20 minutes.

Heat oil in a pan .Add crushed garlic, chicken, black pepper and salt. Fry until it changes colour .

Add Ajinomoto top the fired chicken. In a separated frying pan, heat 1-tablespoon oil and stir fry the sliced chillies in it.

Add vinegar, Soya sauce and Ajinomoto. Saute until tender but still crisp. Pour on the chicken and mix well.



Pakistani Recipes

Khatta Chicken

Ingredients

chicken breast 6
ginger paste 1 tbs
garlic paste 1 tbs
1/2 tb onion chopped
1/2 tsp red chilli powder
1 tsp turmeric powder
1/2 tsp cumin [jeera] powder
1 tbs green chilli chopped
garam masala 1/2 tsp
2 small raw mangoes peeled & grated.
salt according to taste
tomato 1 chopped
oil 4 tbs

Method

Marinate chicken with mango paste, ginger garlic paste for 1 hour.

In a pan heat oil, fry onion till golden brown.

Add tomatoes & green chillies cook for 3-4 min.

Add all masalas. saute for 2 min. then add marinated chicken .

Put some water cook till chicken is tender.

Garnish with chopped raw mango pieces.

Don't use non stick pan for sour dishes.



Pakistani Recipes

(Sohbat) Marwat Dish

Ingredients

- 1 Medium size chicken.
(cut it in to 8 pieces)
- 1-1/2 cups oil.
- 2 Large onions.
- 1 Tea spoon Ginger paste.
- 1 Tea spoon Garlic paste.
- 4 Large Tomatoes.
- 1 Teaspoon Salt.
- 1 Table spoon grated coriander.
- 1/2 Tea spoon red chili powder
- 1/2 Garam masala.
- 1/2 Tea spoon chicken karahi masala or
chicken tikka masala.
- 8 Large chappaties.

Method

Heat oil in a large pan. Add onions, garlic and ginger. Cook until golden brown. Now put chicken and all the spices. Cook it for 5 minutes.

Now add chopped tomatoes and cook until tomatoes are tender. Pour 5 cups of water. Cook it for another 10 minutes on medium heat. Please make sure that there is plenty of water left in the salan.

Salan is ready now. Remove chicken pieces from the salan and put them in a plate on the side.

Take a large bowl and cut chappaties in small pieces. Now pour all the salan on it. Mix it thoroughly. Put chicken pieces on the top of it. Heat oil in a large pan. Add onions, garlic and ginger. Cook until golden brown. Now put chicken and all the spices. Cook it for 5 minutes.

Now add chopped tomatoes and cook until tomatoes are tender. Pour 5 cups of water. Cook it for another 10 minutes on medium heat. Please make sure that there is plenty of water left in the salan.

Salan is ready now. Remove chicken pieces from the salan and put them in a plate on the side.



Pakistani Recipes

Spicy Chicken Tikka.

Ingredients

chicken 1.
yogurt 1 cup.
ginger paste 1 tbsp.
garlic paste 1 tbsp.
white vinegar 4 tbsp.
lemon juice 3 tbsp.
red chilli powder 2 tbsp.
olive oil 4 tbsp.
salt & black pepper to taste.

Method

Skin & bone the chicken. Cut it into 4 parts.

Prick it well with a fork or with a sharp knife.

Put the yogurt in a large bowl, add ginger, garlic, white vinegar, lemon juice, chilli powder, pepper & salt.

Place the chicken in this mixture & marinate for 2 hours.

Take out the chicken pieces & fix them on skewers.

Brush them with olive oil and broil over charcoal fire for 8 minutes or more on each side.

Serve it with sliced tomatoes, onion rings, lemon on a bed of lettuce.



Pakistani Recipes

Chicken/Mutton Dopiazza

Ingredients

medium size chicken 1.
red chillies 2 tbsp.
onions 2.
ginger 2 pieces.
garlic cloves 8.
mustard oil/corn oil 1 cup.
yogurt 4 tbsp.
salt to taste.
turmeric powder 1 tsp.
coriander leaves.
cumin seeds(to sprinkle).
black pepper(to sprinkle).

Method

Grind all the spices. Cut the chicken in pieces.

Heat oil in a pan & put all the spices in with salt & keep on stirring adding little water to keep color red.

Then add chicken & yogurt, add a little water & cover on a slow fire.

Keep on stirring every now & then. When the chicken is tender & water evaporates, sprinkle coriander leaves, black pepper & cumin seeds.

The same recipe is suitable for mutton.



Pakistani Recipes

Chicken Masala Wali

Ingredients

- 2-4 lbs. chicken
- 1/4 jeera
- 1 tbs. of garlic
- 1 tbs. of ginger
- 2 small tomatoes
- 1 small onion
- 4 tbs. oil
- 3 or 4 green pepper
- 1/2 cruch pepper
- salt and red chilli powder (up to your taste)
- 1 tbs. achar ghost shan masala packet

Method

Heat the oil then put jeera, garlic, ginger and cruch pepper, blend the green peppers, tomatoes, onion to make a paste.

Put the paste in with garlic ginger and cruch peppers.

Cook it until u can see the oil on top. then put chicken, salt and chilli powder.

Mix it well.then put it on low heat for about 10 min.

When u think the chicken is almost done put the achar ghost masala and mix it well.

And higher the heat and mix it until u see the oil on top or when the chicken is done which ever come first.its ready to serve. enjoy.



Pakistani Recipes

Yoghurt Chicken

Ingredients

- 1 whole chicken
- 2 med. size tomatoes chopped
- 2 tbs yoghurt
- 2 medium size onions sliced
- salt according to taste (mainly 1 1/2 tsp)
- 1/2 tsp garam masala
- 1 tbs garlic paste
- 1 tbs ginger paste
- 1/2 tsp chilli powder (or more if want spicy)
- 1/2 tsp haldi powder
- oil 8-10 tbs

Method

Heat oil in pan and add sliced onions.

Saute the onions until golden brown and then take out and drain oil on paper or napkin.

Grind the fried onions with tomatoes and yoghurt well.

In the same oil add the chicken along with the garlic and ginger paste. mix well and stir for at least 5-10 mins.

After the chicken is fried for a while add the grinded paste or mixture to the pan along with the rest of the ingredients and cook on low heat, mixing well.

U can add a little bit of water if needed but better cook chicken in its own water..



Pakistani Recipes

Chicken Jalfrazi

Ingredients

- half kg boneless chicken breast, cut them into small cubes
- 2 tomatoes, chopped
- 1 tomato sliced
- 1 medium sized onion sliced
- 1 capsicum sliced
- 1/4 tsp garlic paste
- 1/4 tsp ginger paste
- 1 tbs coriander powder
- 1/4 tsp shaan jalfrazi masala
- 1/4 tsp garam masala
- 2 chopped and fried onions

Method

Take 4 tbs oil in pan and add chopped tomatoes, garlic and ginger paste, coriander powder, and fried onions.

Let the tomato soften and let it cook for 5 min.

Add washed boneless chicken to it, and let it cook for 10 min with lid.

Occasionally see to check that chicken does not stick the pan.

After it has become tender keep the pan aside. In another pan add 2 tbs oil and put sliced tomato, onion, capsicum, garam masala powder and salt. Cook till the vegetables become soft.

Then add chicken to it and let it cook for another 2 to 3 min.



Pakistani Recipes

Chicken Malakry

Ingredients

- 1 healthy chicken (plucked)
- 2 pinch saffron
- 1 tbl sp haldi
- 3 tbl red chilli powder
- 1/4 ltr olive oil
- 1 diced large onion
- 1 level tsp sea salt
- 2 ground cloves
- 3 tbl sp garam masala
- 1/2 ltr greek yoghurt
- 1 egg white

Method

Chop chicken into small pieces. Whip yoghurt till smooth, then add in Saffron, Garam Masala, Cloves, Haldi, Chilli Powder and Sea Salt.

Mix for a few minutes, meanwhile heat Olive Oil in wok.

When oil is hot, add Onions until golden brown, then add chicken pieces and cook in wok for 10 minutes.

Add in the yoghurt mix and continue cooking for 20 minutes until chicken is cooked on all sides, until yoghurt evaporates.

Whisk egg white until fluffy and pour directly onto chicken malarky whilst in wok.

[this creates an effect which enables the chicken to resemble a snow capped mountain].



Pakistani Recipes

Fried Chicken With Green Masala

Ingredients

chicken: 1

eggs : 3

garam masala :2tsp

salt: to taste

grind coriander : 2tsp

green masala ingredients:

mint, coriander : half bunch(both)green chillies:5

ginger garlic paste : 1 tsp

Method

Clean chicken and make medium pieces.

Mix ginger garlic paste, grind coriander, salt, in green masala(mint, coriander and green chillies) and grind all of them together and make chutney.

Put chicken in a pan, add water that chicken tender and water dried.mix chutney in chicken and cook until chutney also dried with chicken.

Beat eggs and add garam masala in eggs. make chicken cold. then heat oil in pan and dip chicken piece in eggs and fry all of them until brown. serve with fries and salad.



Pakistani Recipes

Chicken Ginger

Ingredients

chicken 1/2kg
green chillies 3-4
turmeric (haldi) powder 1/4 tsp
garam masala 1/2 tsp
coriander(dhania)leaves 1/2 tsp
chinese salt 1/2 tsp
oil 1/4 cup
butter 2 tbsp
tomatoes 3-4
ginger 1/4 cup (chop)
garlic/ginger paste 1 tbsp
black pepper 1 tsp
salt 1 tsp
ketchup 1 tbsp
yogurt 1/2 cup
red chillies 1 tsp

Method

In a pan add chicken, ginger garlic paste, tomatoes cook until water dries.

Then add chinese salt, salt, red chillies, black pepper, turmeric powder, butter, oil cook until oil separates.

Then add (whipped) yogurt, green chillies, ketchup, tiny slices of ginger, garam masala, cook on medium heat for 3 mins.

Then garnish with coriander leaves and serve with raita and naan.

This recipe is from a restaurant "Usmania"

Its a quick recipe to make and it taste really good.

You will agree with me after you try.



Pakistani Recipes

Sabat Masala Chicken

Ingredients

chicken 1 kilo,

yogurt,

salt as desired , garlic and ginger paste 1 tsp,cooking oil 3 tbsp.

coriander whole dried 1/3 cup,

cumin seeds 1/3 cup,

round dried chillies 1/3 cup.

dry fry them in fry pan till you can feel khushbu and grind but be careful not to make a complete powder.

Method

Marinate chicken in yogurt , salt ,garlic ginger paste n rest of Sabat masala.

Also add cooking oil . Set in fridge for 2 to 3 hours.

Now put in a wok and cover with a lid for awhile till chicken turns tender.now stir fry till golden fry .

Garnish with green chillies n coriander leaves finely chopped.



Pakistani Recipes

Fried Prawns

Ingredients

frozen prawns 20-30
black pepper 1/2 tsp
white pepper 1/2 tsp
garlic paste 1 tbsp
soya sauce 1 tbsp
salt to taste
corn flour 5 tbsp
white flour 5 tbsp

Method

Mix prawns with all ingredients in left column.

Dust the prawns with ingredients in right column. Deep fry.



Pakistani Recipes

Fish Kabobs

Ingredients

fish 1/2 kg boiled and mashed
mix spices 1 tsp
levelled white jeera seeds 1 tsp
onion brown 2 grinded
green chillies 2-3 chopped
chilly powder 1 tsp levelled
coriander leaves chopped
ginger / garlic 1 tsp
leveled haldi 1/2 tsp
chana flour 1 tbsp heaped
salt 1 tsp leveled
egg 1

Method

Boil and mash fish and mix all the ingredients in fish then make in shape of kababs and shallow fry.



Pakistani Recipes

Fish Curry

Ingredients

- | | |
|------------------------------------|-------------------------------------|
| 1 kg rohu or other firm white fish | 2 teaspoons chili powder |
| 2-3 tablespoons lemon juice | 1¼ teaspoon turmeric powder (haldi) |
| 2 teaspoons salt | 2 teaspoons coriander powder |
| 1½ cup oil | 2 teaspoons garam masala powder |
| 2 medium onions, finely chopped | 3 large tomatoes, chopped |
| 1 tablespoon garlic, minced | 1¼ cup coriander leaves, chopped |
| 1 tablespoon ginger, minced | 3-4 - green chillies chopped |

Method

Wash the fish and remove the scales, if any and cut the fish into 1 inch steaks. If the fish is boneless (fish fillets), then cut into 1 inch pieces.

Mix the lemon juice and 1 teaspoon salt and rub on the fish pieces and leave to marinate for 30 minutes.

Meanwhile prepare masala (gravy), heat oil in a heavy based pan and stirring frequently, fry the onions to light brown. Add ginger and garlic and stir fry for 3-5 minutes or until the mixture is golden brown. Add 2-3 tablespoons of water to prevent from burning.

Add chili powder, turmeric, coriander powder, garam masala powder, remaining salt and 3-4 tablespoons of water to prevent the spices from burning. Stir fry for a minute or two and then add chopped tomatoes. Stirring frequently, fry the mixture for 8-10 minutes or until tomatoes are reduced to a pulp and oil begin to separate from gravy.

Add fish and stir well to coat the fish pieces with spice mixture. Reduce the heat to low, cover with a tight fitting lid, and cook for 15-20 minutes or until the fish is tender, stirring occasionally. (It may be necessary to add extra water to prevent the fish from sticking to the bottom of the pan.) Adjust the seasoning with salt.

At the end of the cooking time add coriander leaves and chopped chillies. Carefully transfer to a serving dish and serve with Chapati or boiled rice.



Pakistani Recipes

Tandoori Fish

Ingredients

- 6 small pamphlet or any other white fish
- 6 tablespoons lemon juice
- 3 teaspoons salt
- 2 tablespoons garlic paste
- 2 tablespoons ginger paste
- 1 teaspoon ajwain (carom)
- 1¼ teaspoon turmeric powder (haldi)
- 2 teaspoons chili powder
- 1 tablespoon garam masala

Method

Clean the fish but leave the heads and tails on. Wash the fish thoroughly the inside and outside of the fish. Slash in 3-4 places on both sides.

Mix lemon juice and half the salt together and rub on both sides of the fish. Leave to marinate for 30 minutes.

Meanwhile, prepare the marinade. In a bowl, mix well the garlic paste, ginger paste, ajwain, turmeric, chili powder, remaining salt, garam masala and 2 table spoons of lemon juice.

Place the fish in a flat dish, pour the marinade over it and rub it well into the cuts. Cover and leave to marinate for about 4 hours or overnight in the refrigerator.

Pierce each fish with a large metal skewer. Brush on both sides with some oil and barbecue over live charcoal for about 15 minutes. If barbecue is not possible, it can be grilled or baked uncovered in a oven for about 20-25 minutes.

Turn the fish once during cooking and keep brushing with oil to prevent burning.



Pakistani Recipes

Shrimp Stuffed Potatoes

Ingredients

8 medium baking potatoes
1/2 c. butter
1/2 c. milk or sour cream
2 t. grated onion
1 c. grated cheddar cheese
1 t. salt
1/2 t. pepper
1/2 t. paprika
1/2 lb. medium shrimp peeled,
boiled and chopped

Method

Scrub potatoes to clean. Bake potatoes at 425°F. for 45 - 60 minutes, or until done.

When cool enough to handle, cut in half. Scoop out the potato, leaving a firm shell, about 1/4 inches.

Add to the potato, butter, milk/sour cream, onion, cheese, salt and pepper.

Whip the potato until almost smooth. In a separate pan, melt butter or drizzle in oil and saute the shrimps with spices that you prefer like garlic, onions, coriander, etc.

After the shrimps are done, stir in the sauted shrimps to the potatoes.

Spoon potato mixture back into shells. Sprinkle paprika and grated cheese on top.

Bake at 425°F. for 15 - 20 minutes. Serves 8.



Pakistani Recipes

Fish Vegetable Deluxe

Ingredients

fish(cat fish or tilapia) 1 lb

peas 1/2 cup

carrots 1/2 cup diced

beans 1/2 cup diced

corn 1/2 cup

tomatoes 1/2 lb (thinly sliced)

onion 1 med. (thinly sliced)

ginger

kalonji 1/2 tsp.

garlic paste 1 tsp.

oil 3/4 cup

salt to taste

red chilli powder to taste

cumin 1/2 tsp

fenugreek seeds a pinch

red chilli whole 2 or 3

fennel seeds a pinch

kari patta 3 or 4 leaves

Method

Heat the oil in the pan. Add onion, fenugreek seeds, cumin and whole red chilli. Fry till the onion is brown and then add kari patta. Fry for 1 min.

Add tomatoes salt, chilli powder and ginger garlic paste. Now bhonoo this mixture well till the oil separates. Now add veggies and water.

Put on low heat. In the mean time, cut the fillet into small fingers. Marinate the fish with black pepper and lemon juice. Wait for 10 min.

Grease the pan and put it on high heat. Now add the fish and wait till it gets browned.(For 3-5 min).

Remember fish doesn't take too long to cook. Now check your veggies if the beans and peas are done, bhonoo for about 3 min.

Before adding fish make sure there is no water. Now add fish with kalonji and fennel seeds. Put on low flame for about 5 to 10 min.

Your tasty fish vegetable deluxe is ready. Best if served with boiled rice or can be served with chapati.