

National dish of Pakistan : Nihari Recipe

Ingredients

1 kg of lamb meat . shank portion (cut into 8-10 pieces)
4 tbsp Ghee
2 medium onions (finely sliced)
1tsp ginger paste
1tsp garlic paste
Salt to taste
2 tsp coriander powder
½ tsp turmeric powder
3 tbsp wheat flour
3 tbsp nihari masala (includes cumin seeds, fennel seeds, dry ginger, green cardamoms, black cardamoms, cloves, bay leave, cinnamon stick, black peppercorns , grated nutmeg)



Garnish

1inch ginger (cut in strips)
4-5 stalks fresh coriander leaves
1tbsp lime juice

Method

1. Heat Ghee in a deep bottom stock pot. Once the ghee is hot, add the sliced onions and fry till they start to turn brown.
2. Add meat pieces, ginger paste, garlic paste, coriander powder, turmeric powder and salt. Mix well to coat the meat in ghee and spices. Sauté for 5 mins.
3. Add the nihari masala and 8 cups of water. Mix well, cover and cook on very low heat for about 4 hours until the meat is tender. Keep checking in between. The way to know that the meat is cooked is when it breaks easily with a wooden spoon.
4. Dissolve wheat flour in half cup of water such that there are no lumps. Slowly add it to the gravy. Stir to mix it well in the gravy and let it simmer for another 10-15 mins till the gravy thickens.
5. Sprinkle some lime juice and garnish with ginger strips and fresh coriander leaves. Serve hot.