

Parm's Authentic Indian Meat Dish

This is an authentic Punjabi (North Indian) recipe

What follows is an outline. The flavours can be changed to suit individual tastes. More or less garlic, ginger and particularly chilly can be added or left out as desired. The sauce is where all the flavour happens and holds the dish together. The example I give below is minced lamb meat balls. Any chicken, fish or other seafood can be cooked in this fashion. Chunks of lamb / beef are cooked in a different way. I shall cover this another time.

Total prep and cooking time is about 2 hours

Ingredients as per what I made

The Meat Balls

1Kg Freshly Minced Lamb (From an Indian butcher, Supermarket lamb doesn't work. Supermarket beef mince is an acceptable substitute)

2 Heaped teaspoons of garlic powder

2 Heaped teaspoons of Ginger powder

2 Level teaspoons of Salt

2 Heaped Teaspoons of Chilly Powder

4 Heaped tablespoons of dried fenugreek (Available from all Indian shops)

The Sauce

1 teaspoon of Cumin Seeds

1 teaspoon of Coriander Seeds

4 or 5 Black Cardamoms, lightly Crushed

1 heaped teaspoon of Garam Masala. (Available from supermarkets and Indian Shops)

1 Heaped teaspoon of turmeric powder

3 large Onions, blitzed into a very fine paste. Vegetable oil for frying.

1 bulb of garlic

2" piece of peeled ginger

2 Red Chillies (any will do – add to taste)

Blitz Ginger Garlic and Chilly Together

Salt to taste

Small Carton of plain Passata (I get mine from Aldi / Lidl)

The Method – Make the Meatballs

In a large bowl combine all the ingredients and knead the mixture until everything is uniformly mixed. This will take around five minutes. Ensure its thoroughly mixed there shouldn't be any pockets of spice or bits of meat that are plain



Next dipping your hands in a bowl of water take small amounts of the meat and shape into balls (slightly bigger than a golf ball). Its important to keep your hands wet so the meat doesn't stick, but don't have them too wet or the meat gets sloppy. Once the rough shape is made roll the ball between the palms of your hands.

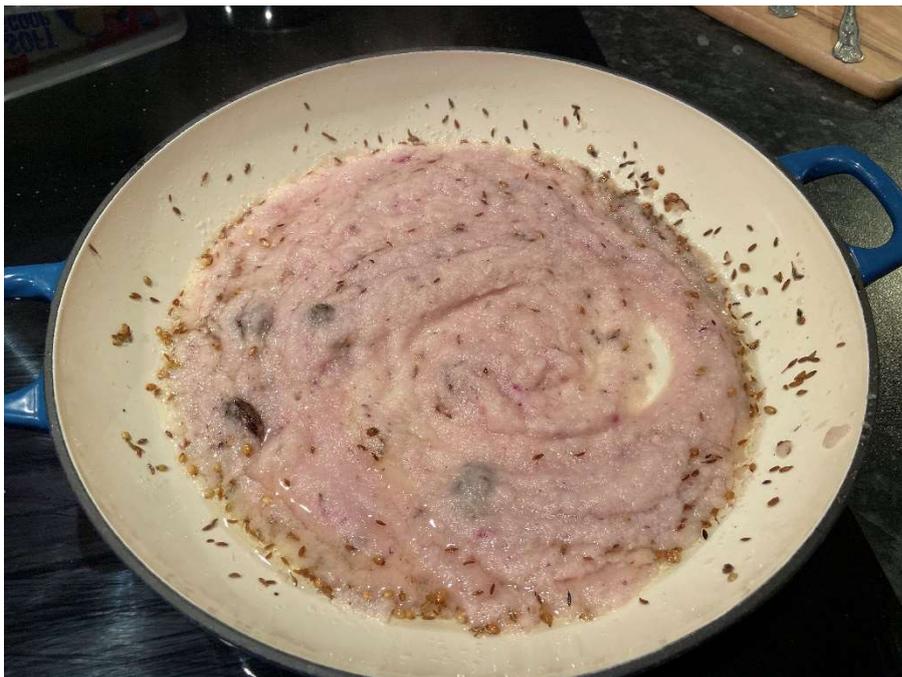


The Method – Making the Sauce

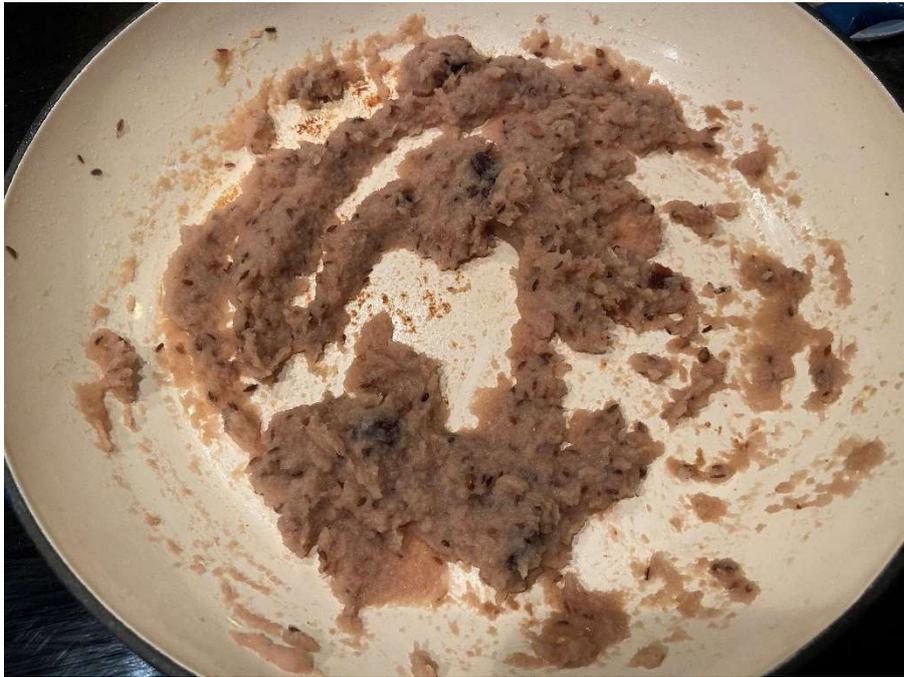
In a heavy pan dry fry the spices (Cumin, Coriander and black cardamoms) on a medium heat. Keep watching as they will all of a sudden catch and burn. When they are ready you will begin to notice a wonderful aroma.



As soon as the spices are done add oil, allow to warm up for a bit then add onions. The colour is reddish as I only had red onions at home. Any type will work. Fry on a medium heat and keep moving them around regularly as they will catch a little.



Keep frying on a medium heat until they look like this. Once they are at this stage add the prepared ginger, garlic chili paste.



Cook the onions and ginger garlic chili paste until it looks like this. It will catch on the bottom a little. Keep the heat medium and add more oil if necessary. I also use a flat bottom wooden spatula to keep the pan clean by scraping the bottom.



Once the onion mixture has cooked out as shown add turmeric powder. It will catch like mad so have the tomatoes ready. Only cook out the turmeric for a minute or two



Add tomato passata and cook for a few minutes until it all starts to come together. Keep the heat medium. The addition of tomatoes will deglaze the pan from any bits that have caught. The mixture will be very thick. About half a small carton of Passata used.



Add hot water to the pan to give the consistency of sauce required. I never measure this, just go by eye. To begin with it will look all split. Allow to gently simmer until it all becomes one. Add salt. Once ready taste and adjust if required with powdered ginger garlic salt and fresh chilli.



This is the most important stage. Add garam masala. Slowly add the meatballs to the pan. Do not stir or use any implements as the meat balls will just fall apart. This shows the sauce you should be aiming for.



The marriage has now happened. Like all things slow and steady does it. **DO NOT STIR THE MEAT BALLS.**



Cover with lid and let them have sex for about 10 to 15 minutes, again on a medium heat. It will take time for the pan to warm up after the addition of the meat balls. Have a peak if required. Sauce should be gently simmering. **DO NOT STIR.**



The Orgasm. Its ready when you can see the fat rendered out from the meat balls and ever so slightly separating outing from the sauce. Look at the edges of the pan.



Further orgasm enhancement can be had if eaten with Naan Bread. Aldi / Lidl stock some very good Naan Bread. The trick is in how to heat them up. Wet hands and then gently rub on both sides of the bread. Heat on both sides in a dry Fry Pan on low to medium heat. Once all naan breads are warmed through, keep warm wrapped up in a clean tea towel. Then crank the fry pan to a highish heat and quickly do the breads again on both sides. Maybe 20 seconds each side. Do not wrap in tea towel now as they will go soggy. The result should be warmed through bread that's light and fluffy on the inside and only just slightly crisp on the outside.