

Cook like the Mughals of India

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Indian Mughlai cuisine is one of the most popular cuisines, whose origin can be traced back to the times of Mughal Empire. Mughlai cuisine consists of the dishes that were prepared in the kitchens of the royal Mughal Emperors. Indian cuisine is predominantly influenced by the cooking style practiced during the Mughal era.

Mughlai cuisine is a South Asian cuisine, influenced by the imperial kitchens of the Mughal empire. It represents the cooking style used in Delhi and Punjab. The cuisine is strongly influenced by Persian, and Turkic cuisines of Central Asia. The cuisine of most Indian restaurants in UK and USA can be termed Mughlai. In the 16th century, India was invaded by Mughals, who introduced the exotic spices, nuts and fruits to India. Also, the Indians got an opportunity to learn new techniques of cooking. The tastes of Mughlai cuisine vary from extremely mild to spicy, and is often associated with a distinctive aroma and the taste of ground and whole spices. Mughlai food is especially preferred in Northern parts of the country. Some of the Mughlai dishes have Muslim names such as biryani, pulao, kebabs, kofta. This is suggestive of the strong influence of Muslim cooking style. The rich preparation of Mughlai food consisting of flavored sauces and butter based curries is so tempting that food lovers are bound to crave for more and more food.

Most of the groceries for this class is available at any Indian grocery store. For additional questions email me at eusebiopires@gmail.com

Biryani

METHOD

- First wash and soak rice for 30 mins.
- Then fry sliced onions to a golden brown color.
- Soak saffron in water.
- Now grind ginger, red chillies, garlic and almonds/cashews and fry these in butter.
- Add it to the mutton and salt and stir for 5 minutes.
- Now add water and cook on low flame till meat becomes tender and about 1 cup of gravy is left.
- Boil rice with salt in another pan.
- Put curd into a piece of muslin cloth and let the water drain away or use Greek thick yogurt.
- Add cloves, cardamoms, cumin seed, mint leaves, chopped chillies and coriander in drained curd.
- Strain the saffron water and add lemon juice.
- Add all this to mutton.
- Sprinkle half of the boiled rice over the mutton and then spread a layer of fried onion and potatoes and then of rice again.
- Now pour milk and some butter and cover the vessel.
- Seal the edges of the pan with flour paste if you do not have a tight cooking lid.
- Place the pot on slow flame for 15-30 mins.
- Serve hot, garnished with coriander leaves and lemon. Eat with kebab and raita.



INGREDIENTS

1/2 kg Mutton or any meat (Mix Vegetables for vegs)
250 gms Basmati Rice parboiled
3 1/2 tblsp Lemon Juice
10 blanched Almonds/cashews
1/2 tblsp Mint Leaves
1 cups Butter
1 handfuls chopped Coriander Leaves
1/2 tblsp Cumin Seed
4 large sliced Onion, 1 for garnish
2 large tomatoes
2 Black or green Cardamom
1 tblsp Oil
4 pods Garlic
2 Cloves
1 " long piece Ginger
1/2 tblsp Saffron
1/2 tblsp Green Chilly chopped
1/2 tblsp Red Chili Powder
1/2 " Cinnamon
1/2 kg thick yogurt
125 gms Milk
3 cups Water
1 big potato cut into quarters and deep fry for garnish

Shami Kebab

INGREDIENTS

500 gms minced Mutton (lamb)
2 Eggs
1 medium sized chopped Onion
5 Green Chilly chopped
100 gms Bengal Gram soaked overnight
10 pods Garlic
1 tsp Cumin Seed
4 Cardamoms
1 " long piece Cinnamon
1 " long piece Ginger
6 Pepper corns
4 Red Chillies
Clarified Butter (ghee) /oil for frying

METHOD

- Boil minced meat in 3 cups of water and a teaspoonful of salt till water is absorbed and meat is tender.
- Grind meat into a fine paste.
- Take garlic, cumin seeds, cardamoms, cinnamon, ginger, peppercorns, red chillies and soaked gram dal and grind into a fine paste.
- Mix both the pastes well.
- Now mix well beaten eggs and prepare a uniform dough.
- Add finely chopped green chillies and onion to dough and mix well.
- Shape the dough into small round flattened balls or kebabs.
- Heat ghee/oil and deep fry kebabs till golden brown and serve hot with sauce or chutney.





Boondi Raita

INGREDIENTS

- Boondi 100 grams
- Yogurt 1 cup
- Salt to taste
- Roasted cumin powder 1/2 teaspoon
- Fresh coriander leaves, chopped 2 tablespoons
- Red chilli powder 1/2 teaspoon

METHOD

Whisk yogurt till smooth. Add salt, half the roasted cumin seed powder and half the chopped coriander leaves. Add boondi (soak and drain before use to get away with excess oil) and mix well. Garnish with the remaining roasted cumin seed powder, coriander leaves and red chilli powder and serve chilled.



Sharbat e RoohAfza



INGREDIENTS

- 1 cup cashews, pistachios and almonds, finely crushed
- 1 tsp cardamom seeds
- 1 gallon whole milk
- Sugar, to taste
- 2 tsp vanilla extract (optional)
- 2-3 tbsp RoohAfza, or to taste

METHOD

- Grind the cardamom seeds. Crush all the nuts and gather about 1 tsp.
- Dissolve the RoohAfza syrup and sugar in the milk. Taste. If you like your drink a little more sweet, add more RoohAfza and sugar.
- Mix the nuts, cardamom powder, vanilla extract in the sweet milk.
- Refrigerate or serve over ice.
- Sip it slowly... and enjoy!