FOOD FUSION · RECIPE

Paya Nihari

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English

Ingredients

Prepare Paya Nihari Masala

- Saunf (Fennel seeds) 1 tbs
- Zeera (Cumin seeds) ½ tsp
- Sabut dhania (Coriander seeds) 1 tbs
- Ajwain (Carom seeds) 1 tsp
- Tatri (Citric acid) ¼ tsp
- Jaifil (Nutmeg) ½ piece
- Hari elaichi (Green cardamom) 2
- Shahi zeera (Caraway seeds) ½ tsp
- Sabut kali mirch (Black peppercorns) 12-15
- Javitri (Mace) 1
- Darchini (Cinnamon stick) 1
- Laung (Cloves) 2
- Badi elaichi (Black cardamom) 1
- Pipli (Long pepper) 2
- Tez patta (Bay leaves) 2
- Namak (Salt) ½ tbs or to taste
- Lal mirch powder (Red chilli powder) 1 tbs or to taste
- Sonth powder (Ginger powder) ½ tsp
- Kashmiri lal mirch powder (Kashmiri red chilli powder) 1 tsp
- Water as required
- Haldi powder (Turmeric powder) 1 tsp
- Paye (Mutton trotters) 6
- Kisan Sunflower cooking oil ½ Cup
- Bong (Mutton shank) 500g
- Adrak lehsan paste (Ginger garlic paste) 1 & ½ tbs
- Baisan (Gram flour) roasted 4 tbs
- Water ½ Cup
- Water 8 Cups or as required

Prepare Tarri

- Kisan Sunflower Cooking oil 3-4 tbs
- Kashmiri lal mirch powder (Kashmiri red chilli powder) ½ tsp
- Hara dhania (Fresh coriander) chopped
- Adrak (Ginger) julienne
- Hari mirch (Green chillies) sliced
- Lemon wedges

Method

Prepare Paya Nihari Masala

1. In a spice mixer,add fennel seeds,cumin seeds,coriander seeds,carom seeds,citric acid,nutmeg, green cardamom,caraway seeds,black peppercorns,mace,cinnamon stick,cloves,black cardamom, long pepper,bay leaves & grind to make a powder.

2. Add salt,red chilli powder,ginger powder,Kashmiri red chilli powder and blend well.Paya nihari masala is ready!
3. In a pot,add water and bring it to boil.
4. Add turmeric powder & mix well.
5. Add mutton trotters & mix well,bring it to boil & cook on high flame for 4-5 minutes then strain & set aside.
6. In a pot,add cooking oil,boiled mutton trotters,mutton shanks and mix well.
7. Add ginger garlic paste,mix well and cook for 2-3 minutes.
8. Add prepared paya nihari masala,mix well and cook on low flame for 3-4 minutes.
9. In a small bowl,add gram flour,water & whisk well.
10. Now add dissolved gram flour mixture and mix well.
11. Add water,mix well & bring it to boil,cover & cook on low flame until tender (approx. 2 hours).
12. Turn off the flame,cover and let it rest for 5 minutes.

For Tarri

1. In a frying pan,add cooking oil,kashmiri red chilli powder & mix well for 30 seconds.
2. In a serving dish,add paya nihari,tarri & garnish with fresh coriander,ginger,green chillies,lemon & serve!

Roman Urdu

Ingredients

Prepare Paya Nihari Masala

- Saunf (Fennel seeds) 1 tbs
- Zeera (Cumin seeds) ½ tsp
- Sabut dhania (Coriander seeds) 1 tbs
- Ajwain (Carom seeds) 1 tsp
- Tatri (Citric acid) ¼ tsp
- Jaifil (Nutmeg) ½ piece
- Hari elaichi (Green cardamom) 2
- Shahi zeera (Caraway seeds) ½ tsp
- Sabut kali mirch (Black peppercorns) 12-15
- Javitri (Mace) 1
- Darchini (Cinnamon stick) 1
- Laung (Cloves) 2
- Badi elaichi (Black cardamom) 1
- Pipli (Long pepper) 2
- Tez patta (Bay leaves) 2
- Namak (Salt) ½ tbs or to taste
- Lal mirch powder (Red chilli powder) 1 tbs or to taste
- Sonth powder (Ginger powder) ½ tsp
- Kashmiri lal mirch powder (Kashmiri red chilli powder) 1 tsp
- Water as required
- Haldi powder (Turmeric powder) 1 tsp
- Paye (Mutton trotters) 6
- Kisan Sunflower cooking oil ½ Cup
- Bong (Mutton shank) 500g
- Adrak lehsan paste (Ginger garlic paste) 1 & ½ tbs
- Baisan (Gram flour) roasted 4 tbs
- Water ½ Cup
- Water 8 Cups or as required

Prepare Tarri

- Kisan Sunflower Cooking oil 3-4 tbs
- Kashmiri lal mirch powder (Kashmiri red chilli powder) ½ tsp
- Hara dhania (Fresh coriander) chopped
- Adrak (Ginger) julienne
- Hari mirch (Green chillies) sliced
- Lemon wedges

Method

Prepare Paya Nihari Masala

1. Spice mixer mrein saunf,zeera,sabut dhania,ajwain,tatri,jaifil,hari elaichi,shahi zeera,sabut kali mirch,javitri,darchini,laung,badi elaichi,pipli aur tez patta dal dein aur grind ker ka powder tayyar ker lein.

2. Namak,lal mirch powder,sonth powder aur Kashmiri lal chilli powder dal ker ache tarhan blend ker lein.Paya nihari masala tayyar hai.
3. Pot mein pani dal ker ubal lein.
4. Haldi powder dal ker ache tarhan mix karein.
5. Paya dal ker ache tarhan mix karein aur uabl anay ka bad tez ancch per 4-5 minutes kliya paka lein phir strain ker ka side per rakh dein.
6. Pot mein cooking oil,boiled paya aur bong dal ker ache tarhan mix ker lein.
7. Adrak lehsan paste dal ker ache tarhan mix karein aur 2-3 minutes kliya paka lein.
8. Tayyar paya nihari masala dal ker ache tarhan mix karein aur halki ancch per 3-4 minutes kliya paka lein.
9. Chotay bowl mein baisan aur pani dal ker ache tarhan whisk ker lein.
10. Ab dissolved baisan dal ker ache tarhan mix karein.
11. Pani dal ker ache tarhan mix karein aur ubal anay ka bad dhak halki ancch per gul janay tak paka lein (approx. 2 hours).
12. Chulha bud ker dein aur 5 minutes kliya rest dein.

For Tarri

1. Frying pan mein cooking oil aur Kashmiri lal mirch powder dal ker 30 seconds kliya ache tarhan mix ker lein.
2. Serving dish mein paya nihari aur tarri dal dein,hara dhania,adrak,hari mirchein aur lemon sa garish ker ka serve karein!

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