



# Module-23 Technology of traditional Indian meat products



# Indian Meat dishes

- Popular all over the world.
- Meat cooking is influence by Mughal cuisine, even though Indian food and its taste have changed dramatically.
- Among the Indian meat dishes Tandoori chicken, chicken curry and kebabs are famous all over the globe.
- Indian dishes seem difficult to cook but once you know the spices and the method of cooking they are very easy to prepare.



# Traditional Meat Products

- The rich heritage of India contributes to wide range of traditional foods.
- Some of the variety meats are used in traditional manner.
- Buffalo meat is well suitable for making pickles of high palatability.
- Use of *Cucumis trigonus roxb*, *Ginger officinale* and papain in the preparation of roasted buffalo meat chunks contribute a significant improvement in flavour, juiciness, tenderness and overall acceptability



# Meat kofta

- Meat is grinded with whole spices while ground spices along with besan are added afterwards.
- Small balls are made from the mixture.
- Then fried in deep fryer .
- For curry onion, garlic and ginger are fried till golden brown color and mixed with other curry ingredients by adding enough water to make gravy.
- Then boiled and mixed with koftas

# Rogan josh

- It is one of main dishes of kashmiri wazwan.
- It consists of braised boneless lamb chunks cooked with a gravy based on browned onions or shallots, yoghurt, garlic, ginger and aromatic spices (cloves, bay leaves, cardamom, cinnamon).
- While the traditional preparation uses whole dried chillies that are de-seeded, soaked in water, and ground to a paste.
- A modified version of the dish is yogurt based but referred to by a slightly different name "Hindi Rogan Josh".

# Ingredients of Rogan josh

Ingredients	Quantity
Mutton curry cut	800g
Rattan jog(bark of a tree from Kashmir)extract	20ml
Saffron	a pinch
Cumin	a pinch
Kashmiri chilly paste	25g
Ginger garlic paste	25g
Nutmeg	a pinch
Mace	10g
Garam masala	
Onions(chopped)	100g
Oil or ghee	30g
Tomatoes(chopped)	120g
Mutton stock	500ml
Coriander leaves	½ bunch

# Preparation

- Make a curry paste using cumin, chilli paste and ginger- garlic paste.
- Heat fat & fry the onions till golden brown and add the prepared curry paste.
- Add the meat and half of the saffron, stir well so that the masala gets uniformly coated on the meat.
- Add stock, nutmeg, mace and rattan jog extract and simmer the meat till well done.
- Add the rest of the saffron soaked in little milk.
- Serve hot garnished with chopped coriander leaves

# Barbeque

- It is a traditional meat product prepared by direct heating.
- Lean meat is taken and cutted into cubes followed by curing
- After curing cubes are attached to the seekh by introducing the seekh into the cubes.
- Then the seekh along with the cubes is placed on fire generally.
- After this the cubes are taken out from the seekh and are eaten with chutney.



# Shami kabab

- Minced meat is boiled
- After that meat is grinded into fine paste. Then spices and gram dal are grinded into a fine paste.
- Simultaneously eggs are beaten well and uniform dough is prepared.
- Finely chopped green chillies and onion are added to dough and mixed well.
- Then ghee is heated and kababs are deep fried



# Sheek kebab

Ingredients	Quantity
Mutton (minced)	700g
Garam masala	2g
Chilly powder	4g
Dried mango powder	2g
Cumin powder	4g
Black pepper powder	4g
Nutmeg powder	2g
Garlic paste	5g
Ginger paste	5g
Chat masala	4g
Rock salt	to taste
Cashew nut paste	10g
Onions (chopped)	100g
Coriander leaves(chopped)	50g
Lemon wedges	4nos

# Cont....

- ❑ **Method**
- ❑ Mutton is minced and blended with spices except chat masala.
- ❑ Then cashew paste, chopped onions and coriander leaves are added and blended well.
- ❑ Then equal size balls are made and these balls are spreaded using wet hand along the length of a skewer or seekh.
- ❑ Then the kebab are cooked with the skewer.
- ❑ Then chat masala is sprinkled on the kebabs.



*Kebab (Wazwan Item)*

# *Hyderabadi Biryani*

## ***Preparation:***

- ❑ Take washed mutton in a vessel.
- ❑ Grind green chillies, ginger, garlic, spices, fried onion, and mix them all, then add this mixture to the meat.
- ❑ Then add curd to it, mix the stuff thoroughly. Leave the material for half an hour.
- ❑ Take 2 litres of water in a vessel and put it on the stove.
- ❑ When water boils well put the rice in the vessel.
- ❑ Take out the semi-cooked rice and spread it on the meat and spices mixture as a layer.

## Cont....

- ❑ Take some more rice and spread as second layer. Finally, spread the fully cooked rice.
- ❑ Prepare a mixture of one cup of boiled water and 1/4 kg ghee and spill it on the rice.
- ❑ Now put a plate on the vessel and seal the edges with dough.
- ❑ Put the vessel on the stove, cook for 15 minutes on medium flame.
- ❑ Then turn off the stove. Leave the stuff for 15 minutes.
- ❑ Hyderabadi mutton biryani is ready to serve.

# *Kashmiri cuisine wazwan*

- Traditional Kashmiri form of cooking is known as 'Wazwan'
- This royal cuisine of Kashmir has been influenced by Iranian, Afghan and Central Asian styles of cooking.

# Rista

Lean meat

minced

mixing with egg and again grinded.

Addition of spices with further grinding.

Making of small balls from the grinded meat (rolling with wet hand).

Preparation of gravy (water, salt and spices garlic, ginger, nutmeg, mace, rattan jog extract, garam masala, and crushed fried onions/shallot)

Dipping of balls in gravy

cooking

Addition of oil

swelled balls with spongy texture



# Seekh kabab

Coarsly minced lean meat

Addition of spices

Addition of egg

Mixing

Attachment to skewers

Grilling

Removing from skewer

Tube shaped kabab

Frying in oil





# Tabak maz

Rib meat

Cutting

Boiling in water with spices

Dried

Deep fried in fat



# Yakhni

Mutton pieces

Boiling in water

Curd as base

Boiling of curd with continuous stirring

Addition of Boiled meat to curd

Cooking

Addition of fried onions

Mint garnishing



# Gushtaba

Minced meat

Addition of egg

Again minced

Ball making

Gravy making from curd

Addition of balls to gravy

Cooking