



More Saving. Better Living

Fried Kababs

These delicious kababs can be had alone, or with fries, or used for making Kababs in Blankets.

INGREDIENTS

1 kg beef mince (you can use mutton mince too if you prefer it, although beef tastes better)
6 medium onions, grated
5 slices of bread, soaked in water then drained
1 bunch chopped coriander
1 egg
1 tsp. ginger paste
1 tsp. garlic paste
2 tbsp. gram flour
1 tsp. garam masala
2 tsp. dhana jeera (if you have it)
2 tsp. freshly grinded cumin powder
1 tsp. turmeric powder
2-3 green chilies, chopped finely
juice of 1 lemon
1 tbsp. butter or margarine
salt to taste
1 tsp. black pepper (more if you prefer hotter kababs)
a pinch of soda bicarbonate (baking soda)

INSTRUCTIONS

Remove a small portion of the raw mince and set it aside. (Less than quarter). We'll use this later on.

Put the remaining mince directly into a pan, and add some coriander, garam masala, dhana jeera, cumin powder, turmeric, salt, ginger/garlic, green chilies and some of the lemon.

Place the pan on medium heat and dry the mince, keep stirring the mixture regularly so that it's evenly cooked and doesn't form lumps. Once it's totally dry (when you notice it starting to stick to the bottom of the pan) spill the mixture into a bowl and set it aside for a while. Using the same pan, put the butter, heat it a little, then add the grated onions and black pepper and stir fry them until the onions soften.



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Pour back the dried mince into the onions n stir thoroughly on low heat. Taste and adjust salt/pepper/lemon according to your taste. Switch off and let the mixture cool.

Once the mixture is completely cool, add the raw mince you had set aside earlier, gram flour, egg, the soaked n drained bread and the pinch of soda bicarbonate (helps make the kababs soft but make sure you add this right before frying otherwise your kababs will be too soft and might fall apart in the oil). Mix thoroughly until the mixture is completely combined. Make a dip in the center of the mixture, put a small piece of foil, light a coal n place it on the foil, then pour a drop of oil on the coal and cover the bowl for about 2 minutes so that the mixture of kabab has a nice smoked smell.

Shape the kababs and fry!

PS: If kababs break during frying, mash them back in the mixture and add a bit of gram flour, shape and fry again.