

# HALEEM

Diary  
of a  
PMP  
Mom.

Mutton/Beef

Serves 6-8 persons



## Set One :

750 gm Beef  
250 gm Onion (*sliced*)  
20 gm Garlic Cloves  
2 tsp Coriander Powder  
1 tsp Red Chilli Powder  
1 tsp Salt  
1.5 tsp Turmeric Powder  
1 tbsp. Oil

## Set Two:

175 gm Onions (*sliced*)  
20 gm Garlic Cloves (*Whole ,  
Peeled*)  
8 Whole Dried Red Chilli  
2 Bay Leaf  
1.5 tsp Turmeric Powder  
1 tsp Coriander Powder

2 tsp Salt  
1 tblsp Oil  
175 gm Wheat  
20 gm Barley  
200 gm Channa Daal  
50 gm Rice  
50 gm Masoor Daal  
50 gm Moong Daal  
50 gm Maash Daal  
1 tsp Aniseed (*Saunf - grinded*)  
1 tsp Garam Masala Powder  
2 tsp Chaat Masala Powder

## Set Three: (*For Garnishing*)

Ginger (*Julienned*)  
Mint Leaves (*Whole*)  
Green Chillies (*Sliced*)  
Lemon (*Wedges*)  
Onion (*Sliced and Fried*)

- 1 Put all of the above ingredients (*Set One*) together in cooking pot on medium heat, put a few cups of water and cook until the meat is very tender.
- 2 Wash and soak all the lentils and wheat overnight
- 3 Boil water in a big pot and put all Onions, Garlic, Dried Chilli, Bay leaf, Salt, Turmeric powder, Coriander Powder and Oil.
- 4 When the water is boiling, add Wheat and Barley and boil till a little soft (approx. 15-20 mins).
- 5 Then add Channa Daal to it till it gets soft (*another 20-30 minutes*).
- 6 Then add all the other lentils and rice and let it cook with occasional stirring.
- 7 When the lentils are cooked, add the cooked meat curry.
- 8 Then you can either use a hand blender or an electronic mixer to blend the meat and the lentils together
- 9 Add Aniseed (*crushed*), Garam Masala Powder and Chaat Masala Powder.
- 10 Add some of the Ginger, Mint and Green Chillies and cook a little more.
- 11 Fry the sliced onions in oil and pour the Onions along with the oil on top of the haleem

For step by step instructions with pictures visit [www.DiaryofaPMPmom.com](http://www.DiaryofaPMPmom.com)

One of my favorite recipes of my mom is the "Haleem". I have NEVER cooked Haleem any other way.. (*no Shan Masala as well*).