

NIHARI

Diary
of a
PMP
Mom.

Mutton/Beef

Serves 6-8 persons



Nihari is my ABSOLUTE favorite Pakistani food. I can eat Nihari for breakfast, lunch, dinner and then next breakfast and sooo on.

1 kg Boneless Beef Shanks (*You can also use Chicken with bones*)
500 gm of Bones (*Bones makes a HUGE difference*)
1 tbsp Ginger Paste (or Powder)
1 tbsp Garlic Paste (or Powder)
4 tbsp. of Plain Yogurt
3-4 tbsp. Atta Flour
1 Small Onion (sliced)
6-7 tbsp Oil

Garnishing:

Ginger
Coriander
Green chillies
Lemon

- 1 Fry the beef shanks & bones with ginger and garlic paste in a little bit of oil. Then add the yogurt to it and fry a little more.
- 2 Then add Shan Nihari Masala (*I use a little less than a packet and save some for later*).
- 3 Fry a bit more and then add enough water so everything submerges in the water (*well.. almost*).
- 4 Let it cook covered till the meat becomes really tender (*if it's chicken, it won't take long*).
- 5 Once the meat is tender, I fish the meat (*leave the bones in*) out of the gravy and keep it aside.
- 6 Whisk the Atta in a bowl with some water to make a smooth paste and then slowly add to the cooking gravy (*till the right consistency of the gravy*) and leave it to cook on slow heat.
- 7 I let it cook for 12 hours or even more.. (*the more it cooks the better it is*).
- 8 I then fish out the bones (*and throw them away*), add the meat, cool it and put it in the fridge, for at least a day or two (*aged Nihari is always better*).
- 9 The day you want to serve it, heat up the Nihari and give the bhaghar (*or tadka*).
- 10 For the Bhaghar: Fry the sliced onions in oil/ghee (*I use a bit of both*) and when it is brown, add the remaining Nihari masala to it and just after a minute (*so that you don't burn the masala*), pour it over on the Nihari.
- 11 Serve with Naan and garnishing.

For step by step instructions with pictures visit www.DiaryofaPMPmom.com