



Spicing Things Up - Beef Nihari

By Mrs Tombs (By Mrs Tombs (Deputy Catering Manager)

Ingredients

Whole Spices

- 1/2 piece of a small star anise
- 1-2 small bay leaves
- 1 inch piece cinnamon stick

Ground Spices

- 2-3 whole cloves, ground into a powder using a mortar and pestle
- 2-3 green cardamom pods, seeds ground into a powder using a mortar and pestle
- 1/2 tsp fennel seeds, ground into a powder using a mortar and pestle
- 1/2 tsp paprika powder
- 1/2 tsp coriander powder
- 1/2 tsp cumin powder
- 1/4 tsp turmeric
- 1/4-1/2 tsp red chilli powder or cayenne
- 1/4 tsp crushed red chilli flakes
- 1/4 tsp black pepper

- 1/8 tsp garlic powder (optional)
- Pinch nutmeg
- 1/2 tbsp Garam Masala

Nihari

- 60ml vegetable oil
- 1 tbsp ghee, *or butter*
- 1 large (250-270 g) onion, *thinly sliced*
- 5-6 garlic cloves, *crushed*
- 3/4 inch piece ginger, *crushed*
- 1 1/4 tsp salt (sea salt or table salt)
- 35g durum atta flour
- 9 cups water for stovetop,
- 1 lb (454 g) boneless beef shank meat, 2-inch cubed, *or sub beef stew meat, 1 1/2 inch cubed*

Garnishing

1 tsp garam masala
 crispy fried onions
 1 inch piece ginger, *julienned*
 1 lemon, *cut into wedges*
 1/4 bunch fresh coriander, *chopped*
 1-2 green chilli peppers, *chopped*

Equipment

Dutch oven (casserole dish)

Instructions

1. Heat oil and ghee in a heavy-bottomed Dutch oven or pot over medium-high heat. Add the whole spices and onion, and sauté until the onion turns golden, (about 10 minutes).
2. If needed, deglaze with 2 tbsp of water. Once the water dries up, add the garlic and ginger and continue to sauté for 30 seconds. Add beef and sauté for about 5 minutes, or until it changes colour.
3. Lower the heat and add the powdered spices and salt and sauté for about 20 seconds. Immediately pour in the water and stir to mix.
4. Raise the heat to high and bring to a boil (cover with lid to make it boil quicker). Then lower the heat to low/low-medium so that the nihari is gently simmering. Cover and allow to cook for 6 hours for beef shank meat (or ~4 hours for stew meat). Turn off the heat. The meat should be tender enough that it breaks easily when pressed with a wooden spoon. Remove the whole spices, if desired.
5. Take out a cup of the Nihari liquid from the Nihari onto a bowl or measuring cup. Let it cool a little by adding an ice cube to it. Place the atta flour in another small bowl. Bit

by bit, whisk the Nihari liquid into the atta flour to form a smooth slurry (small clumps are okay). Slowly stir this slurry back into the Nihari pot to prevent clumps. If the mixture is too thick, add (preferably boiling) water to reach desired consistency.

6. Raise the heat too high to bring to a simmer. Then lower the heat to low/low medium. Cover and allow the nihari to simmer for another 30-45 minutes. The consistency should be like a thick soup. Serve hot with the garnishing and naan.