

Recipe Name: Duration Special Nihari Recipe

Diet Type:

Course: Dinner

Cuisine: Awadhi

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 kg Mutton - (I used shanks)	4
• 2 tablespoon Sunflower Oil	
• 1/4 cup Water	
• 1 teaspoon Ginger - crushed	
• 1 teaspoon Garlic - crushed	
• 1 teaspoon Onion - sauteed and ground	
• 3 tablespoons Curd (Dahi / Yogurt)	
• 2 teaspoon Rose water	
• 1/2 teaspoon Saffron strands - soaked in milk for 10 minutes	
• Coriander (Dhania) Leaves - small bunch	
• 1-1/2 inch Ginger - julienne	
• 4 Cardamom (Elaichi) Pods/Seeds	
• 1 inch Cinnamon Stick (Dalchini)	
• 2 Black cardamom (Badi Elaichi)	
• 2 Bay leaves (tej patta)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Red Chilli powder	
• 2 teaspoons Garam masala powder	
• 1/4 teaspoon Nutmeg powder	
• 1/2 teaspoon Cardamom Powder (Elaichi)	
• Salt - to taste	
• 1 cup Whole Wheat Flour	
• Water - as required	

Preparation



- This dough is to seal the vessel.
- Once it is ready, keep it aside.
- Heat oil in a wok/ pan and add whole spices (green cardamom, cinnamon, cloves, black cardamom and bay leaves.
- Now add the meat and saute for 6-7 minutes.
- Add salt and turmeric and mix well.
- Pour in the water, cover the pan and cook.
- When it comes to a boil, immediately add ginger- garlic paste, coriander powder, red chilli and onion paste.
- Now add nicely whisked yogurt, rose water , garam masala, nutmeg and cinnamon powder and saffron soaked milk/water.
- Cover the lid and cook for 2-3 minutes.
- Now transfer the prepared meat mix in a broad base heavy bottom vessel/ handi.
- Cover the with a lid and seal it with the wheat dough and leave to cook on slow fire.
- This may take 1.
- 5- 2 hours.
- Once the meat is cooked till tender, garnish with fresh coriander and ginger juliennes.
- Serve Awadhi Khaas Nihari Recipe hot with roomali roti or butter garlic naan and rice.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
450	25	30	25	2	3