

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 tbspc. 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 tbspc 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

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