

MUTTON OR CHICKEN AKHNI



By Food lovers recipes

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In a pot braise a large onion with oil (if using mutton) if chicken little oil n ghee till pale pink.

Add in 1 teaspoon whole jeera seeds,

4 whole black peppercorns,

4 whole elachi pods;

3 pieces cinnamon sticks;

4 whole cloves and

3 sliced green chilis.

Braise till golden brown.

Then add in your meat or chicken.

Add a tablespoon of ginger and garlic paste ; 1 n half tsp salt and about 1 and 1/2 tsp turmeric; a tsp of red chilies paste;

STIR WELL

. Braise for a few minutes.

Add some water ..

Let cook till meat is tender.

When meat is tender and water is almost dry add the other masalas

About 2 tablespoons chili powder, 2 teaspoons dhana /jeero powder, crushed chillie powder 1 tsp.

add some peas.

Braise nicely for few minutes then add in 1 grated tomato . Cook a few minutes.

add 2 tbsp plain yogurt

Add 6 cups boiling water and add in potatoes about 5 cut in pieces. Let boil for a few min so potatoes start getting soft. Lower heat a bit.

Add 3 cups pre soaked basmati rice and add to pot..Add some salt for taste.

Add in some chopped dhania and mint and about half teaspoon garam masala powder .

. Let boil for a few minutes till rice starts cooking.

Stir also so well so that rice doesn't stick to the bottom.

When rice is boiling nicely n water is almost drying but there must be some water then put in oven n steam for bout 30 to 40 minutes at 180 degrees..

Akni is ready when water is dried out n potatoes are soft. Serve with yoghurt, and a salad

Source and photo: AMINA WACKIE SHAIKH