



In the Kitchen Creations By Anita Singh

Minced Meat Kofta Curry

INGREDIENTS

- 250 gm minced turkey/chicken/lamb meat (keema)
- 2 tsp ginger garlic paste
- 3 green chillies chopped finely
- 1 bunch fresh coriander leaves
- 2 tbsp fresh mint leaves
- ½ tsp turmeric powder
- 1 tbsp red chilli powder
- 1 tsp cumin powder
- 1 bay leaf
- 1 tsp shahjeera (optional)
- 1 big cardamom
- 1 stick cinnamon
- 3 tbsp oil
- 4 tbsp grated dry coconut
- 5 tbsp poppy seeds
- 2 onions finely sliced
- 1/2 cup tomato puree

- 1/2 cup yogurt
- 1 tsp garam masala powder
- Salt to taste

PREPARING THE KOFTAS

Clean meat in cold running water and drain well. Add half of the chopped green chillies, half of the garam masala powder, salt, turmeric, 1 tsp ginger garlic paste and half of the coriander leaves and half of the mint leaves to the keema. Mix all ingredients together well. Now prepare small lemon sized balls (wet your hands while preparing the koftas so that they don't stick to your hands).

PREPARING THE GRAVY

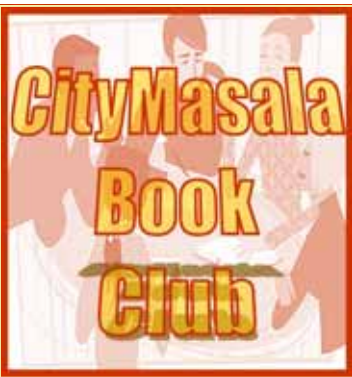
1. Grind onions along with coconut, sesame powder, garam masala powder, salt, turmeric, cumin powder, chilli powder, ginger garlic paste, cinnamon stick, chopped coriander powder, mint leaves and yogurt with a little water to make a paste which is not too thick.
2. Heat oil in a heavy bottom pan and add the shahjeera, big cardamom, cinnamon stick and bay leaf. When its splutters, add the



onion yogurt mixture and cook for 10 to 13 min on medium heat.

3. You can add water and adjust the seasoning according to your taste.
4. Add the tomato puree and meat balls into the gravy. Mix well and cover with lid and let it cook until done, around 10 to 15 min. In between keep stirring the gravy.
5. Enjoy with chapatis or rice.

To submit your recipe along with original picture, write to info@citymasala.com.



CityMasala Book Club BOOK REVIEW By: Sheniz Janmohamed

One Life to Ride

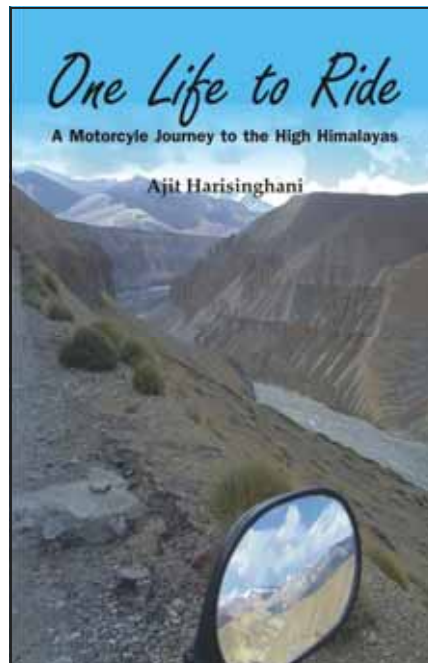
A Motorcycle Journey to the High Himalayas: Ajit Harisinghani

Ajit Harisinghani has done what

most people half his age couldn't do. At age 54, Harisinghani traveled from Pune to Ladakh - on a motorcycle.

A speech therapist by profession, Harisinghani explains his reasoning as to why he decided to embark on such a journey. A patient of his, Jeremy D'Costa, used to be a prominent businessman and industrialist. Upon suffering a stroke, he lost his ability to speak and think clearly - but when Harisinghani and D'Costa talked about cars and motorcycles, D'Costa would come back to life. Before D'Costa left for Pune, Harisinghani promised him that he would take a cross country trip on a motorcycle, for both of them.

With this introduction preceding the pages of the trip, the reader instantly gets an impression of the type of individual Harisinghani is. A thrill seeking adventurer, Harisinghani documents his trip with a sense of realism and sarcasm. Although the journey itself is fascinating, it's the author's endearing personality that forces the reader to read on. His insights and experiences are humbling and honest, "I can even change my



personality as often as I change my shirt. Through Gujarat, I can be a philosophizing old man. In Rajasthan, I'll change into a happy, smiling joker and in Punjab, I might turn into a

romantic. All through these metamorphoses, I have to be careful I don't get knocked off the road by any of those recklessly driven trucks and turn into a statistic!"

In some sections, the narrative seems to fluctuate between present and past tense, which causes a little confusion on the part of the reader. Additionally, there are paragraphs that have an excessive amount of exclamation marks - however, this punctuation is a further indication of Harisinghani's playful personality.

A favorite section is the encounter with 'Sufi Baba'. Harisinghani admits that their verbal exchange was reminiscent of a filmi dialogue. The two smoke their beedis and have a spiritual conversation that ends in riddles. Befittingly, the next chapter is about two 'fake' fakirs who attempt to swindle money from Harisinghani.

One Life to Ride is a fast, enjoyable read. If you ever have the desire to abandon your fears and take a journey across country, do it. With a little faith, a sense of humor and a lot of common sense, the trip will be a success. And be sure to read One Life to Ride before you embark on your journey!

You can buy the book at www.easternbookcorporation.com.