



DALCA LAMB CHOPS

(can be any meat or vegetables)

Ingredients

2 tbsp of ghee
 2 tbsp of cooking oil
 1 kg lamb chops
 5 potatoes, halved
 3 tomatoes
 3 carrots, cut into 1 cm chunks and halved length-wise
 2 round and large brinjals, cut into 1 cm wedges
 4 green chillies, whole
 1 large bunch of mint leaves
 2 cloves garlic
 15g ginger

*Blend garlic and ginger to marinade

Coconut milk, from 1 whole coconut
 5 shallots, sliced finely
 2 large onions, sliced finely
 1 cinnamon stick
 6 cloves
 5 cardamom pods
 4 star anise
 3 stalks curry leaves
 1/2 cup boiled yellow split dhal
 (cleaned and soaked for an hour beforehand)
 2 tbsp fish curry powder
 1 cup tamarind juice

Salt and sugar to taste

Method

1. Heat ghee and oil in a pot. Once hot, add curry leaves and whole spices until crackling, then add the sliced onions. Fry until caramelised at the edges. Add lamb chops, stir and leave for 15 minutes.
2. Add potatoes, carrots, and tomatoes.
3. Boil until potatoes and lamb chops are tender.
4. Add fish curry powder (saute separately in oil first with 1 sliced shallot). Add 1 teaspoon of salt to season.
5. Add 1 cup of tamarind juice. Leave to boil for 10 minutes.
6. Add coconut milk. Boil for 10 minutes.
7. Add dhal a little at a time until a nice flowing consistency.
8. Garnish with mint leaves. Serve.

NASI MINYAK

Time: 90 minutes | Portion: for 6 people

Ingredients

- 5 tbsp ghee
- 2 cloves garlic, 5 shallots and
- 1 cm ginger, pounded together
- 3 knotted pandan leaves
- 1 cinammon stick
- 3 star anise
- 5 cardamom
- 5 cloves
- 1 cup chicken stock
- 1 cup evaporated milk
- 1 cup water
- 3 cups Basmathi King rice, washed and soaked in salt water for at least 1 hour
- 1 stalk parsley
- 1 tbsp yogurt
- Salt and sugar, to taste

Method

1. Heat ghee. Fry pandan leaves, whole spices, and shallot mix until caramelised at edges.
2. Fry drained rice until all coated in ghee (about 5 minutes).
3. Put into a rice cooker. Stir through yogurt. Add in 2 cups of chicken stock, 1 cup of evaporated milk, and 1 cup of water. Season with sugar and salt to taste. Cook as usual according to rice cooker instructions.

DALCA KAMBING

(boleh diganti dengan daging lembu/tulang atau ayam atau sayur-sayuran)

Bahan-Bahan

- 2 sudu besar minyak sapi
- 2 sudu besar minyak masak
- 1kg potongan daging kambing
- 5 biji ubi kentang, dibelah
- 3 biji tomato
- 3 biji lobak merah, dibelah dan dipotong pada ketulan sebesar 1sm
- 2 biji terung bulat dan besar yang dibelah empat pada ukuran 1sm
- 4 biji cili hijau
- 1 ikat besar daun pudina
- 2 labu bawang putih
- 15g halia

Bawang putih dan halia dikisar untuk perap daging

- 1 biji kelapa parut (diperah untuk santan)
- 5 biji bawang merah
- 2 biji bawang besar, bawang merah dan bawang besar yang dihiris halus
- 1 batang kayu manis
- 6 biji bunga cengkih
- 5 biji pelaga
- 4 biji bunga lawang
- 3 batang daun kari
- Ω cawan kacang dal kuning direbus (dibersih dan direndam selama sejam dahulu)
- 2 sudu besar serbuk kari ikan
- Ω cawan air asam jawa

Garam dan gula secukup rasa

Cara-cara

1. Panaskan minyak sapi dan minyak masak di dalam periuk. Apabila sudah panas, masukkan daun kari, rempah ratus sehingga garing dan kemudian masukkan bawang besar yang dihiris. Goreng bawang besar sehingga perang di bahagian hujung. Masukkan ketulan daging kambing, kacau dan biarkan selama 15 minit.
2. Masukkan ubi kentang, lobak merah, dan tomato.
3. Rebus sehingga ubi kentang dan ketulan daging kambing menjadi empuk.
4. Masukkan serbuk kari ikan (ditumis asing dalam minyak dahulu dengan 1 biji bawang besar dihiris). Masukkan 1 sudu besar garam dahulu sebagai perasa.
5. Masukkan Ω cawan air asam jawa. Biar sehingga mendidih selama 10 minit.
6. Masukkan santan. Didih selama 10 minit.
7. Masukkan dal sedikit demi sedikit pada satu-satu masa sehingga mendapat konsistensi kuah yang sesuai.
8. Hias dengan daun pudina dan hidangkan.

NASI MINYAK

Bahan-bahan

5 sudu besar minyak sapi
2 ulas bawang putih, 5 bawang merah dan 1sm halia ditumbuk bersama
3 daun pandan, disimpul
1 batang kayu manis
3 biji bunga lawang
5 biji pelaga
5 biji bunga cengkih
1 cawan stok ayam
1 cawan susu sejat
1 cawan air
3 cawan beras Basmathi King, cuci dan rendam dalam air garam sekurang-kurangnya selama 1 jam
1 batang daun parsli
1 sudu besar yogurt
Garam dan gula secukup rasa

Cara-Cara

1. Panaskan minyak sapi, tumis daun pandan, rempah ratus sehingga garing dan bawang memerang dihujung.
2. Goreng kering beras Basmathi King sehingga sehati dengan minyak sapi selama 5 minit.
3. Masukkan ke dalam periuk nasi. Masukkan yogurt. Masukkan 2 cawan stok ayam, 1 cawan susu sejat, 1 cawan air. Perasa dengan gula dan garam secukup rasa. Masak seperti biasa dalam periuk nasi.

Additional info:

Jasmine Basmathi King

Extra long and aromatic, this variety of basmati is high in natural minerals and low in starch and fat. It is cholesterol and gluten-free too. It's definitely a more nutritious choice for the family.

Recipe by www.butterkicap.com in collaboration with www.herworld.com.my