

COOKING TO CONNECT

Everyone has a story to share.

PAKISTANI BEEF HALEEM RECIPE

Albeit time consuming, this is a very nutritious and wholesome complete meal in itself staple in Pakistani cuisine.

Ingredients

(Large pot, would serve a family of 4-5)

500g boneless beef
Ginger Garlic Paste - 4 Tsp
Salt - To Taste or 2 Tbsp
Red Chili Powder - 2 Tbsp
Coriander Powder - 2 Tsp
Turmeric Powder - 2 Tsp
Garam Masala Powder - 2 Tsp
Chana Daal (yellow split pea) - 1 Cup
Masoor Dal (red lentil) - 1/2 Cup
Moong Daal (yellow lentil) - 1/2 Cup
Maash/Urad Daal - 2 Tbsp
Whole wheat - 1 Cup
Oil - 1cup
Onion Slices - 1 medium size

Garnish with fried onion, green chillies, fresh coriander, mint and julienne ginger.

Method

1. Wash and soak all daals and wheat in a bowl of water.
2. In a large pot, heat oil and fry onion slices. When translucent, add beef and ginger garlic paste. Cook on high heat until beef changes color. Add all spices, mix well and cook on
3. medium flame for 10mins. Then add 2 glasses of water and cook for about 2hours on very low flame. The beef will become very tender. Carefully remove the beef pieces and
4. shred/pull the flesh with a fork and return to the pot.
5. Add the soaked daals with wheat and 4glasses of water to the beef pot. Stir well and cook on very low flame for 2-3hours. Some cook this overnight. Occasionally stir with a wooden masher (ghotni).
6. When ready, the haleem will be a thick consistency yellow mixture of all lentils, wheat and beef.
7. Serve hot with fried onion, fresh mint leaves, slices of lemon, fresh coriander, slices of ginger and lots of sliced green chillies.



OUR KATANNING RESIDENT DR EMMON MUBBASHIR

My name is Emmon Mubbashir and I was born in Karachi, Pakistan. I am an only child but part of a huge extended family. Pakistan is a predominately Muslim country so during Ramadan everyone is fasting. All the workplaces and schools adjust their times to accommodate for Ramadan and will have prayer breaks. It is a national thing which will go for 1 month. Restaurants will open for buffet Sudoor (the meal before sunrise to begin fasting) Close for the rest of the day and then reopen for Iftar (the meal at sunset to break fast). They will stay open all through the night until fasting starts in the morning.

Ramadan will commence on a different date every year. The time of year is determined by the lunar calendar and a committee will determine when it will be by observing the moon cycle. Another committee will determine when Eid will commence at the end of the month of Ramadan. Eid for us is a huge 3 day festival. Most places in Pakistan will have an annual holiday for Eid and we will spend that time visiting friends and family and inviting people to our house for celebrations. This year will be an extra special Ramadan for me as I have my mother here from Pakistan.



Eid is a very exciting time for kids. There will be entertainment in the cities like circuses and amusement rides for families to enjoy. We also have Eidi which is the giving of money to children. This was the biggest highlight of Eid for me! Everyone gives what they can afford to those younger than them so I will still receive money from older family members and also give money to my children and young people in my family.

When we were children, we would receive beautifully decorated envelopes of money from friends and family and at the end of the day we would open them up to see how much we all got. It was a lot of fun comparing how much we received with my cousins and if I'm honest, I was a bit competitive!

I came to Australia in 2015 with my husband. It was actually his choice to move to Australia, it wasn't in my plan at all. I was studying medicine in Pakistan and my ambition was to become a Neurologist. Australia changed all of that. It would have involved 10 more years of study in Australia to complete my studies in neurology and I was wanting a career and family and time with my husband so I decided to become a GP. It has given me the flexibility to start a family and have a better work life balance. But not at all where I thought I'd be 15 years ago. Never in my wildest dreams!

We moved to Katanning in 2019 and life is pretty good. Katanning is a special place and we love living and working here. I don't plan on leaving any time soon! We are an extremely multicultural community. I expected our major cities to be multicultural in Australia but not a small town. Most people in Australia don't know how multicultural we are or even where we are! I think it is an asset for our town and people from many different nationalities would feel comfortable living here in our diverse community. Maybe we should be marketing our amazing town to the rest of Australia. We are definitely happy here.

I chose this recipe to share with you as it is a very traditional Pakistani meal. It is a lovely nutritious meal and makes me think of Pakistan whenever I cook it for my family. I hope you enjoy it with your family too.