

## FOOD WITH A PASSION

**PAKISTANI CUISINE** is based on curry or *masala* (hot and spicy) sauces accompanying chicken, lamb, prawns and a wide choice of vegetables. Its flavours are drawn from its Afghani, Turkish and Iranian roots. Food specialties are *biryani* (rice with mutton, chicken and yoghurt), *sag gosht* (spinach and lamb curry), *dal chawal* (brown lentils and rice), *shish kababs* (charcoal-grilled meat on skewers), *shami kababs* (patties of chopped meat fried in ghee or butter), *halwa* (sweetmeat made with eggs, carrots, maize cream, *sooji* and nuts). Tea is the national drink and it is had with milk.



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**B**ARBECUE DELIGHTS first opened in Dubai in August 2004, and very quickly became renowned for its excellent food quality, its variety of Pakistani, Afghan and North Indian dishes and for its “value for money” offering in a casual environment.

The concept of ‘Barbecue Delights’ was developed by Micky Khan, launched in Dubai five years back and it now has two very successful restaurants, one in the highly popular JBR the Walk Area, and the other one in the Lamcy area. Another one is scheduled to open soon in Abu Dhabi.

The restaurant serves a wide variety of barbecued meat dishes as well as specialised curry dishes with Pakistani, Afghan and North Indian flavours. Barbecue Delights has become extremely popular with people of different nationalities and backgrounds including Pakistanis, Indian, UAE nationals, Europeans and other Arab expats.

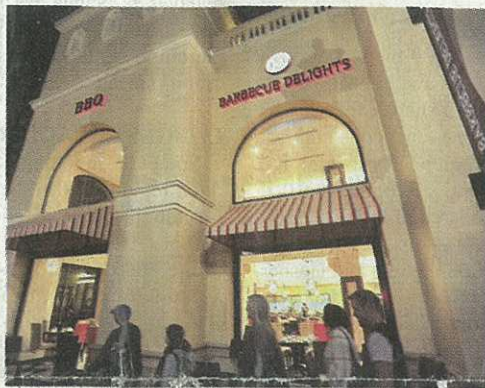
The food is based on the traditional style of charcoal based cooking, with a lot of focus on pure and high-quality ingredients and aromatic spices. The cooking at Barbecue Delights is done in a specialised manner so that the juices within the meat and vegetables are retained and their taste is maintained. At the same time, the taste is enhanced further by the use of spices and herbs individually selected by an experienced team.

The menu includes an appetising array of signature-grilled food items complemented by an eclectic selection of seafood, vegetarian specialties and desserts. A collection of *kebabs*, which arrive fresh off the skewer accompanied by a generous portion of *pulao* / *biryani* are at

the core of the menu. Other signature dishes you should not miss out on include *reshmi kabab*, *Afghani tikka*, *mutton ribs*, *mutton karahi* and *fish tikka*. The restaurant is also very popular with vegetarians as it also offers an assortment of over 15 vegetarian dishes including *palak paneer*, *khattay baingan* and *aloo zeera* to complement its meat selection.

The décor of the restaurant is clean and elegant while the ambiance is warm yet understated. The staff is knowledgeable and courteous while the service is quick yet unhurried.

All in all, it’s a crowd pleaser that will wow everyone from the under fives to the over-60s. Combine that with a price that fits your budget, the next time you have a major craving for a mouth-watering *chapli kabab* or just want to cool down with a *pistachio kulfi*, stop by at the Barbecue Delights on any of the two barbecue locations.



### CHAPLI KABAB

#### INGREDIENTS

One kg boneless chicken/mutton/beef  
Salt as per taste  
Chopped onions 200 gms  
Chopped tomatoes 200 gms  
*Makai ka aata* 1 cup (Not the typical corn flour)  
Green chilli whole — 10 pieces  
Red chilli crushed — as per taste  
Mango powder 1 teaspoon  
Garam masala 1 tablespoon  
Coriander seeds crushed 2 tablespoons  
White Zeera 1 teaspoon

#### PREPARATION

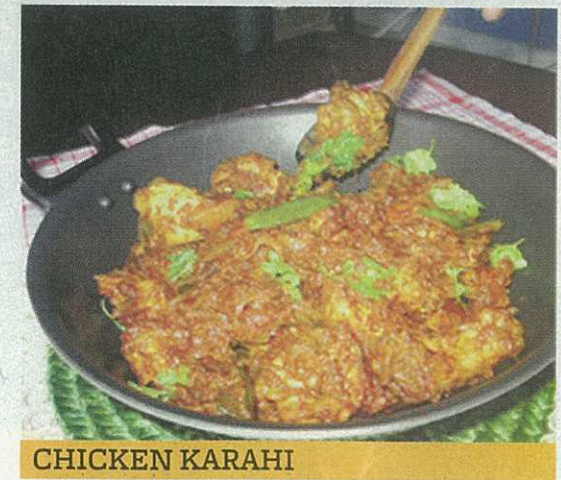
Mix one kg meat and 10 green chillies whole together in a mincing machine.

Add the following ingredients to the minced meat and chilli mix salt, chopped onions, chopped tomatoes, *Makai ka Aata*, crushed red chillies, mango powder, garam masala, crushed coriander seeds and white zeera

Ensure that the ingredients are mixed well.

#### COOKING PROCESS

Take a deep flat base pan. Warm enough oil to ensure that the *kababs* dip completely. A *kabab* would weigh around 50 to 100 gms but sizes can vary. Deep fry the *kabab* in hot oil to ensure that both sides are well cooked (golden brown).



### CHICKEN KARAHI

#### INGREDIENTS

One kg chicken with bone  
Cooking oil – 250 gms  
Tomatoes – 250 gms  
Salt as per taste  
Red chilli powder – as per taste  
Green chilli – eight pieces whole  
Black pepper crushed as per taste

#### COOKING PROCESS

Heat 250 gms of cooking oil and fry the chicken till it turns golden brown.

Add the tomatoes, salt, red chilli powder, green chilli whole and crushed black pepper.

While cooking, stir the ingredients gently as tomatoes have the tendency to burn and stick to the base and sides. After 15 minutes the oil will separate itself from the mix which indicates that the *Karahi* is ready.

