



PAKISTANI

Nihari

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Complex	6	30 min	4 hr	Braise	Shank

Ingredients

- 1.5 kg (3½ lb) bone-in beef shank, cut into thick slices
 - 4 tbsp ghee or neutral oil
 - 2 large onions, thinly sliced
 - 1 tbsp ginger paste
 - 1 tbsp garlic paste
 - 2 tsp salt, plus more to taste
 - 1 tsp turmeric
 - 2 tsp Kashmiri chilli powder (or 1 tsp paprika plus ½ tsp cayenne)
 - 2 tsp ground coriander
 - 1 tsp ground fennel
 - 1 tsp ground cumin
 - 1 tsp ground dried ginger
 - ½ tsp ground cardamom
 - ¼ tsp ground cloves
 - 1 cinnamon stick
 - 3 tbsp whole-wheat flour (atta; or all-purpose flour), mixed with 120 ml (½ cup) cold water
 - 1.5 litres (6 cups) hot water
- TO SERVE**
- Fresh ginger matchsticks, sliced green chillies, chopped coriander
 - Lemon wedges and naan

Steps

1. Heat the ghee in a heavy pot over medium heat. Fry the onions for 12 to 15 minutes, stirring often, until deep golden brown. Lift out half and set aside.
2. Add the ginger and garlic pastes and stir for 1 minute until the raw smell fades.
3. Add the beef and salt. Turn up to medium-high and cook for 6 minutes, stirring, until the meat is no longer pink.
4. Lower the heat to medium, add the turmeric, chilli, coriander, fennel, cumin, ginger, cardamom, cloves and cinnamon, and stir for 1 minute. Splash in a little water if the spices catch.
5. Pour in the hot water, bring to a boil, then cover and braise over the lowest heat for 3 hours, stirring now and then. The meat should be tender and the gravy oily and deep red-brown.
6. Stir the flour paste again and pour it in slowly while stirring. Simmer uncovered for 20 minutes, until the gravy is thick and silky.
7. Skim some of the red oil from the top if you like, and taste for salt. Cook another 10 minutes if it is too thin.
8. Serve in bowls, scattered with the reserved fried onions, ginger, chillies and coriander, with lemon and hot naan.

Notes

- **Marrow:** if the bones have marrow, leave it in; it enriches the gravy and is eaten with a spoon.
- **Make ahead:** nihari is traditionally cooked overnight; it reheats very well the next day and freezes for 3 months.

- **Heat:** reduce the chilli by half for a mild version; the fried ginger gives warmth too.
- **Slow cooker:** after step 4, cook on low 8–10 hr. Stir in the flour paste and simmer uncovered on high for 30 minutes.