



Chef Manisha Bhasin's

Millet and Jackfruit Haleem

Haleem is a type of stew widely consumed in South Asia. This dish is traditionally made with lamb or chicken, which could be substituted for the jackfruit, or chickpeas as well.

Ingredients

200 g Sorghum	30 g Ginger Garlic Paste	1 g Star Anise	3 g Allspice
100 g Pearl Millet	15 g Green Chili Paste	1 g Bay Leaf	3 g Garam Masala
100 g White Urad Dal	30 ml Refined Oil	1 g Caraway Seed	30 g Fried Golden Onion
30 g Cashews	40 g Deesi Ghee	15 g Red Chili Paste	5 g Coriander Powder
200 g Raw Jackfruit (Peeled & Diced)	1 g Cardamom	10 g Turmeric	Large Sprig Fresh Mint
	1 g Cinnamon	5 g Yellow Chili Powder	Salt to Taste

Directions

1. Soak millets overnight. Next morning, boil the sorghum, pearl millet, cashew nuts, and urad dal in excess water until all are cooked and soft. Drain and allow to come to room temperature. Ground all to a coarse paste and set aside.
2. Marinate the (peeled and diced) jackfruit with salt, half the ginger garlic paste, and half the green chili paste for 30 minutes.
3. Heat the oil in a frying pan and shallow-fry the marinated jackfruit on slow heat until cooked. Drain the excess oil away and once cool, pull apart the jackfruit into smaller strands.
4. Heat ghee in a deep, heavy-bottomed copper pan. Add the cardamom, cinnamon, star anise, bay leaf, and caraway, and allow to crackle. Add the remaining ginger garlic paste and chili pastes and sauté.
5. Add the powdered spices and cook on medium heat a few minutes, sprinkling water at intervals to avoid burning the spices. Cook until the fat separates.
6. Add the sorghum and millet paste mixture, followed by the pulled jackfruit. Gently mix to combine and season with salt.
7. Cook on very low heat for approx. 30 minutes, stirring gently at intervals with a wooden spoon.
8. Add the onions, coriander, and mint.
9. Finish with a drizzle of ghee, fried onions, and lemon wedge.

SERVINGS: 4

COOKING TIME: 140 MIN