

Cutlets

500 g mince 4 cloves of garlic 5 or 6 green chillies $\frac{1}{2}$ tsp jeero (crushed cumin) 1 tsp salt $\frac{1}{4}$ tsp ground pepper 2 tblsp green dhunia (coriander) 2 slices bread (1 cm thick) Instead of bread, $\frac{1}{2}$ cup of Jungle Oats or 1 cup of mashed potatoes Wash mince and drain thoroughly, pound green chillies and garlic and jeero and add to mince. Add salt and pepper. Soak bread slices in water for five minutes. Squeeze out all water and add bread crumbs to mince. Put all through mince again or pound it stiff in mortar. Add chopped dhunia leaves. Pat into cutlet shapes and dry out in 180°C oven for about 5 minutes. When cool dip in beaten eggs and fry as for cutlets. For best results in frying cutlets, beat white of eggs first till they stand in peaks. Then whisk yolks of eggs and fold into the whites. This ensures beautiful cutlets. If you have a lot of egg whites left over then use them up in cutlets without the yellow.