

# Mmm...Syioknya!

## Episode 4

### NASI SABARINA

#### Bahan-Bahan (Ingredients)

##### In Malay

1 kg beras beriani, cuci bersih dan rendam selama 20 minit  
Air mengikut paras beras  
1 kg daging kambing, dipotong 10  
1 cawan ghee atau minyak canola  
1 jari kayu manis, 6 kuntum bunga cengkih  
6 biji buah pelaga  
2 biji bawang besar, dicincang  
Garam secukup rasa, 5 batang lada hijau  
1 cawan daun pudina, 1 cawan daun ketumbar  
1 sudu makan lada putih dikisar halus  
1 sudu makan jintan putih  
½ cawan pes halia/bawang putih  
1 sudu teh serbuk kunyit

##### In English

1 kg bryani rice, washed and soaked for 20 minutes.  
Water accordingly to rice  
1kg mutton, cut into 10 pieces  
1 cup ghee or canola oil  
1 inch cinnamon  
6 cloves  
6 cardamons  
2 onions, diced  
Salt

#### GRINDED INGREDIENTS

5 green chillies, 1 cup mint leaves  
1 cup coriander leaves  
1 tbsp white pepper, grinded finely  
1 tbsp white cumin  
½ cup ginger/garlic paste, 1 tsp tumeric powder

#### Cara Cara (Method)

##### In Malay

Panaskan ghee/minyak didalam periuk. Tumis kayu manis, pelaga, cengkih dan bawang cincang. Tumis sehingga kekuning-kuningan. Masukkan bahan kisar, gaul rata dan masak lagi selama 5 minit. Setelah itu masukkan daging kambing dan garam, serta 3 cawan air. Masak sehingga dagingnya empuk. Barulah boleh dimasukkan beras serta air mengikut paras beras.  
Kacau supaya rata. Masak lagi selama 20 minit, sehingga nasinya kembang dan tanak.  
Hidangkan dengan dalca, acar, pacri atau salad.

##### In English

Heat ghee/oil. Fry cinnamon, cardamon, cloves and onions till soft. Add grinded ingredients, mix well and cook for 5 minutes. Add meat, water and little salt. Cook till meat tender. Add rice and water accordingly. Mix well and cook for another 20 minutes. Serve with dalca, pacri or salad.

