

How to cook Beef?

Written by W.J.Pais

A beginner, will be apprehensive trying to cook for the first time. If you have, a good sense of smell, and taste, and are ready to take a challenge, you should not hesitate.

Let us take, a recipe from Mangalore/Goa/Beef. Let us make Beef "Kori Kachpu".

Buy from the butcher, some fleshy part of the beef, as it is commonly known in India. Ask for "Gola" and buy a kilo of the meat.

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For the recipe click [here](#)

Keep the ingredients ready. You need 2 tablespoons of ginger garlic paste.

2 tablespoons of Cooking oil.

3 large onions, peeled, and sliced and kept ready for frying.

3 medium to large tomatoes, to be cut in cubes.

Keep aside the curry powders: Chilly Powder, Turmeric Powder, and Garam Masala.

Keep aside the flakes of a coconut, or use dessicated coconut.

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For sour taste, you need one teaspoon of Vinegar

and a little salt to suit your taste.

Method of Cooking:

1. Cut and wash the meat in pieces, and boil with one tablespoon of Ginger Garlic paste.
- 2 Slice the onions and fry in oil.
3. Add cubed tomatoes
- 4.Add 1 tablespoon of ginger garlic paste again and add masala powders.

Fry till the oil comes up.

Add the boiled meat and let it simmer till it is almost dry.

Add salt and vinegar to taste and the scraped coconut.

In order not to be caught unawares, you should keep all the ingredients ready, which are needed, before you light the stove and begin to fry anything.

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The meat has to be marinated and boiled in a pressure cooker, or if you do not mind waiting, can cook it on a regular stove, in a normal cooking vessel. Always remember to choose the size of the vessel, to suit the quantity of the meat.

After putting the vinegar and salt, allow it a little time and then taste, and see if it smells nice, and if the salt or vinegar is less, then add to suit your taste.

Even if you do not get praises, continue your challenge, till you get the hang of cooking different recipes.

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