

Beef stake wth Mlangalore Stew Powder

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[Roshan Pinto](#) Hi,

I just tried this today it really came out well.

Ingredients:(to serve 2-3)

2 medium fresh Beef Steak (Sirloin preferred as they are less fat and lean cut)

2 Tablespoons of Stew powder (i have the one from Konkan traders with me)

1 green lime.

salt (1/2 tbsp)

1/2 tbsp garam masala powder.

ginger garlic paste (1/2 pod and 1/inch)

Make a paste with stew,ginger-garlic,lime, salt and garam masala. Marinate the steaks for atleast an hour. preferably keep in fridge for softness to retain.

salad:

1 onion , 3 tomatoes, coriander leaves salt to taste , plain yogurt/curd.chop the onion and tomatoes. marinate in curd add salt a a pinch of pepper.

potatoes:

boil 3-4 potatoes, peel after boiling and mash the same(either in mixer or hand)

gravy:

i used 'bristo' stock powder - mix in boiling water. you can use oxo /maggi cubes as well as per your liking of the gravy concentration.

to grill stake:

pre-heat over 190 degree for 10 mins.

spread olive oil veg oil in the kitchen foil, place the marinated steaks and grill for 20 mins. change sides and another 10 mins.

serve stake with salad, mash potato and gravy hot.