

Beef Alimore

Written by Friends' Contribution



Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Beef	Cut 2&q
1	Tablespoon	Ghee	To add to boiling
250	Grammes	Green Peas	Wash. For cook
2	200 g	Carrots	Scrape the skin
2	200 g	Potatoes	Peel the skins, t
Half	Pods (whole)	Garlic	Mince
6	Medium	Chillies Green	Mince
2	Inch	Ginger	Mince
2	200 g	Onions	Mince
3	Tablespoon	Ghee	For frying
2	Teaspoon	Garam-Masala	Powder Masala
2	Teaspoon	Pepper Powder	Powder Masala
3	Tablespoon	Vinegar	Mix
1	Teaspoon	Sugar	Mix

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Teaspoon

Salt

Mix

Method

Cut the meat into 2 inch pieces or slices. Pare the skins of the potatoes and carrots and cut them into pieces. Wash the peas, and keep aside

Prepare the minced masala, and keep aside.

In a shallow pan, cook the meat, in a little water, with salt, till the water is dry. Add a spoonful of ghee or a little more if the meat does not have its own fat. Fry till the meat is brown.

Add some more ghee, and put in the minced masala, and fry. When well fried, add the powder masala, vinegar, sugar and salt. Add a cup of hot water into the pan, and cook. Now remove, and put the stuff in a pressure cooker, and cook for three quarter of an hour. In the meantime, boil potatoes and other vegetables. Add pressured cooked meat and cook till all are well blended.