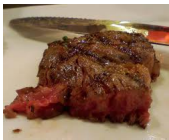


Beef Steak East Indian Style

Written by Friends' Contribution



Ingredients

Quantity:	Measure:	Ingredients:	Description:
500	Grammes	Beef - Undercut	Cut mea
2	Tablespoon	Ghee	For frying potato
1	Teaspoon	Salt	Apply to the me
1	Teaspoon	Pepper Powder	Apply to the me
6	Flakes/Seeds/Cloves	Garlic	Mince and fried
2	Inch	Ginger	Mince and fried
6	Medium	Chillies Green	Mince and fried
4	200 g	Onions	Mince and fried

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4

200 g

Potatoes

Round slices fried

2

Tablespoon

Vinegar

For taste

Method

Cut meat into slices and flatten on a grinding stone, apply salt and pepper powder to the meat and fry till golden brown. Heat two tablespoons of ghee and fry the minced masala. Then add the meat and enough water; cook till tender. Cut potatoes into round slices and fry. Add this to the meat. Finally add 2 tablespoons of vinegar.