

Beef Masala Fry

Written by Friends' Contribution

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1/2	Kilogram	Beef -	
	As Required	Salt	to taste
1/4	Teaspoon	Turmeric Powder	
1/2	Teaspoon	Garam-Masala	
	As Required	Coconut Oil	
1/4	Teaspoon	Fenugreek - Methi	
2	Large	Onions	
1	Teaspoon	Garlic	Crushed
2	Twigs/Sprigs	Curry Leaves	
1	Teaspoon	Ginger	Crushed
2	Medium	Green Chillies	
1	Large	Tomatoes	
1	Teaspoon	Fennel - Saunf	
1/2	Teaspoon	Chilly Powder, Red	
2	Teaspoon	Meat Curry Powder	See Recipe in M
3	Teaspoon	Coriander/Dhania Powder	
	As Required	Coriander Leaves (Kothmeera)	garnishing

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Method

- 1)Cut beef into small pieces.
- 2)Boil water in cooker and add beef, salt and a pinch each of turmeric and garam masala powders.
- 3)Heat 2 tbsp of coconut oil in a kadai or a pan.
- 4)Add fenugreek seeds and then sliced onion.
- 5)Add salt, cover and let simmer.
- 6)When the onions are tender, add bits of curry leaves, slit chillies, ginger and garlic and saute` for 3 mins.
- 7)Add chopped tomato. Let simmer, till the oil is separated.
- 8)Add all the powders and fennel seed.
- 9)Saute, till it emits the aroma of getting roasted.
- 10)Add the beef pieces to this masala.
- : - Keep the stock. You may need it.
- 11)Mix the meat and masala well.
- 12)Add a bit stock, if the masala is too dry to be mixed.
- 13)Add 2 more tbsp of oil and saute.
- : - The longer you fry it, the lesser it stays on your dining table !