

Beef Roast 1

Written by Our Family



Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Beef	Cut in sl
3	Nos	Chillies Green	Grind to make p
1/2	Teaspoon	Coriander Powder	Grind to make p
1	Whole	Garlic	Grind to make p
2	Inch	Ginger	Grind to make p
1	Teacup	Curds	Mix with Paste
1	Teaspoon	Aniseed - Badi Shep	Mix with Paste
1	Teaspoon	Garam-Masala	Mix with Paste
2	Tablespoon	Cooking Oil	Heat
500	Grammes	Onions	Fry in oil
	As Required	Salt	Add to meat
	Few	Mint Leaves (Pudina)	Add to meat
500	Grammes	Tomatoes	Add to meat

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Method

- 1) Grind together ginger, garlic, coriander powder and green chillies.
- 2) Mix the above paste with yoghurt or curd.
- 3) Add powdered spices to it and mix well.
- 4) Rub this paste onto the beef and marinate for 1 - 2 hours.
- 5) Heat oil in a pan or a kadai.
- 6) Fry sliced onions, till they become golden brown in colour.
- 7) Add marinated beef and fry for a while.
- 8) Add tomato and mint leaves and salt.
- 9) Add little hot water and cook on a medium heat.
- 10) When the gravy becomes very thick, remove from the stove.