

# Malabar Beef Curry

Written by Friends' Contribution

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## Ingredients

Quantity:	Measure:	Ingredients:	Description:
1/2	Kilogram	Beef	Cut beef
1	Teaspoon	Vinegar	For grinding Ma
Half	Teaspoon	Kuskus - poppy seeds	Grind Masala
2	Nos	Chillies Red Dry	Grind Masala
1	Bits	Ginger	Grind Masala
1	Ball	Tamarind	Grind Masala
1	Bits	Turmeric/Haldi	Grind Masala
Half	Teaspoon	Jeera/Cumin Seeds	Grind Masala

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1	Tablespoon	Coriander/Dhania	Grind Masala
2	Tablespoon	Cooking Oil	For frying
Half	Teaspoon	Mustard Seed	For seasoning
1	Medium	Onion	Mince
1	Inch	Ginger	Mince
4	Medium	Chillies Green	Mince
4	Flakes/Seeds/Cloves	Garlic	Mince
1/2	Nos	Coconut Copra	Cut in small cubes
200	Grammes	Potatoes	Pare and cut in cubes
200	Grammes	Tomatoes	Cut in cubes
1	Salt-Spoon	Salt	To Taste
2	Salt-Spoon	Sugar	To Taste

### Method

- 1)Cut beef into small cubes.
  - 2)Grind the masala in vinegar and use it to marinate beef for 2 hours.
  - 3)Put beef with the masala in a pressure cooker. Add 1 teacup water. Keep cooker on slow flame for 5-7 minutes, then into full flame. After 15-20 minutes put the stove off.
  - 4)Chop coconut into small pieces.
  - 5)Fry in the cooking oil the minced masala and then add the tomatoes and potatoes.
  - 6)Put the cooked meat from the pressure cooker, into the fried mince masala with the coconut cubes and continue cooking. If the water is less, add sufficient hot water.
  - 7) Let it simmer for a few minutes.
- Add salt and vinegar to taste. If the pungency is too much, add a salt spoon of sugar according to your taste.