

## Beef Roast Fried

Written by Our Family

---

### Ingredients

| Quantity: | Measure:   | Ingredients:             | Description:     |
|-----------|------------|--------------------------|------------------|
| Half      | Kilogram   | Beef - Rump              | In a Pres        |
| 3         | Tablespoon | Vinegar                  | For Marinade +   |
| 3         | Tablespoon | Garam-Masala             | For Marinade     |
| 1         | Tablespoon | Ginger Garlic Paste      | For Marinade     |
| 1         | Teaspoon   | Turmeric Powder          | For Marinade     |
| 2         | Tablespoon | Cooking Oil              | For frying meat  |
| 3         | Sticks     | Cinnamon                 | In a pressure co |
| 6         | Half       | Cloves (spice)           | In a Pressure co |
| 6         | Medium     | Chillies Red Dry         | In Pressure Coc  |
| A         | Few        | Coriander Leaves (Kothme | Minced for garni |
| A         | Few        | Mint Leaves (Pudina)     | Minced for garni |
| 4         | 200 g      | Potatoes                 | Separately fry p |
| 2         | 200 g      | Onions                   | Fry separately o |
| A         | Little     | Salt                     | For taste        |

### Method

Wash and cut "Gola" meat - previously bought from the butcher.

Marinate it with a little vinegar, garam masala, ginger-garlic paste, and turmeric powder. Keep in the fridge overnight. Next day, heat about one tablespoon of oil in the Pressure Cooker, and. add a few cinnamons and cloves and 4 whole red chillies and finally the meat. Add quarter to half-cup water and close the pressure cooker lid, and pressure cook for 20 minutes. When the meat is cooked and the lid is open, continue cooking, till the meat absorbs

## Beef Roast Fried

Written by Our Family

---

the liquid.

When the meat has cooled, you can keep it in the fridge, and take it out and make slices whenever you want.

In a Sauce Pan, heat some cooking oil and fry the meat slices, and keep aside. In the same pan, fry the potatoes, pared and cut in round flat slices. Remove and keep aside. In the same pan, fry round onion rings. Then put all in the saucepan arrange them, and heat are fry once more.

Sprinkle some vinegar and salt on top, if you need a sour taste. Garnish with finely chopped coriander leaves, and mint leaves.