

Meat Stew

Written by Poonam Pais-Zaveri



Ingredients

Quantity:	Measure:	Ingredients:	Description:
500	Grammes	Beef	cut the m
2	Tablespoon	Ghee	Heat the ghee
1	Salt-Spoon	Salt	For Paste
1	Teaspoon	Coriander/Dhania	For Paste
1	Teaspoon	Jeera/Cumin Seeds	For Paste
7	Nos	Pepper Corns	For Paste
1	Sticks	Cinnamon	For Paste
1	Nos	Cardamoms	For Paste - Black
3	Nos	Cloves (spice)	For Paste
3	Medium	Chillies Green	For Paste
2	Flakes/Seeds/Cloves	Garlic	For Paste
3	Small	Onions	For Paste
3	Medium	Potatoes	add potatoes pie
1	Teaspoon	Lime Juice	add lemon juice

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▯ Method

After cutting the meat pieces in small cubes, wash it thoroughly and cook it in enough water till half done.

Remove the pieces and keep the meat gravy aside

Heat the ghee in a pan and fry the ground masala till the oil separates

Add meat pieces and fry till brown then add potatoes pieces and fry for a minute

Add the meat gravy and let it cook When done, add lemon juice.