

## Bafat Meat Masala

Written by W.J.Pais

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### Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	10	Large	Chillies Red Dry	For grinding
1		Piece	Turmeric/Haldi	For grinding
2		Tablespoon	Coriander/Dhania	For grinding
1		Teaspoon	Jeera/Cumin Seeds	For grinding
1		Teaspoon	Mustard Seed	For grinding
10		Nos	Pepper Corns	For grinding
4		Medium	Chillies Green	For slicing
1		Inch	Ginger	For slicing
5		Flakes/Seeds/Cloves	Garlic	For slicing
3		Medium	Onions	For slicing
5		Nos	Cloves (spice)	Mix with boiling
1		Piece	Cinnamon	Mix with boiling
3		Tablespoon	Vinegar	Add to taste
		As Required	Salt	to taste

### Method

1. Cut and wash any meat. - 1 kilogram
2. Grind the masala.
3. Prepare the sliced masala.
4. Mix meat, ground masala, cloves, cinnamon, salt and vinegar, with 3 cups of water.  
Cook for one hour till the meat is tender.
5. Add pared 1/2 kg potatoes cut in cubes, with ghee, and the sliced masala and continue

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cooking till the potatoes are cooked.