

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	1	Kilogram	Beef - Tongue	Cut and
2		Tablespoon	Coriander/Dhania	For grinding
10		Nos	Pepper Corns	For grinding
10		Large	Chillies Red Dry	For grinding
1		Teaspoon	Jeera/Cumin Seeds	For grinding
1		Teaspoon	Mustard Seed	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
		As Required	Salt	to taste
3		Tablespoon	Vinegar	For taste
1		Piece	Cinnamon	Mix
5		Nos	Cloves (spice)	Mix
3		Tablespoon	Ghee	For Frying
400		Grammes	Potatoes	Pared and cut in

Method

Cut and wash the tongue. Grind the masala. Prepare the sliced masala.

Mix meat, ground masala, cloves, cinnamon, salt and vinegar, with 3 cups of water and pressure cook till the meat is tender. Remove the lid after the pressure has been discharged and add pared potatoes cut in cubes, with ghee, and the sliced masala and continue cooking till the potatoes are cooked.