

Beef & Beans Surprise

Written by Ruth Isaac

1 kg prime beef, washed and cubed; 1 large onion sliced fine; ½ pod garlic, minced; 1 inch ginger, minced; 3 large tomatoes, diced; 1 small bunch coriander leaves chopped; 2 spring onions, chopped fine; 1 stick celery cut very fine; salt to taste; 2 tbsp. curry powder; 3 tbsp oil, 1 large marrow bone; 250 gms cooked kidney beans (can use tinned); salt to taste.

Heat a non stick pan with the oil. Add the onions, ginger, garlic, coriander leaves, spring onions and celery and stir fry till golden brown. Add the tomatoes and cook till mushy on a medium flame. Now add the curry powder, beans, beef cubes and marrow bone with 1 cup of water (250 ml). Cover and pressure cook 40 minutes till beans are soft, beef tender and marrow cooked. Add salt to taste. Remove marrow from bone, cut into pieces and use to garnish. Serve piping hot with ghee rice or kichdi (rice with lentils) or bread.