

Beef Roast 1

Written by Our Family



Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Beef	Cut in sl
3	Nos	Chillies Green	Grind to make p
1/2	Teaspoon	Coriander Powder	Grind to make p
1	Whole	Garlic	Grind to make p
2	Inch	Ginger	Grind to make p
1	Teacup	Curds	Mix with Paste
1	Teaspoon	Aniseed - Badi Shep	Mix with Paste
1	Teaspoon	Garam-Masala	Mix with Paste
2	Tablespoon	Cooking Oil	Heat
500	Grammes	Onions	Fry in oil
	As Required	Salt	Add to meat
	Few	Mint Leaves (Pudina)	Add to meat
500	Grammes	Tomatoes	Add to meat

Beef Roast 1

Written by Our Family

Method

- 1)Grind together ginger, garlic, coriander powder and green chillies.
- 2)Mix the above paste with yoghurt or curd.
- 3)Add powdered spices to it and mix well.
- 4)Rub this paste onto the beef and marinate for 1 - 2 hours.
- 5)Heat oil in a pan or a kadai.
- 6)Fry sliced onions, till they become golden brown in colour.
- 7)Add marinated beef and fry for a while.
- 8)Add tomato and mint leaves and salt.
- 9)Add little hot water and cook on a medium heat.
- 10)When the gravy becomes very thick, remove from the stove.