

Beef Roast 2

Written by Our Family



Ingredients

Quantity:	Measure:	Ingredients:	Descrip
2	Kilogram	Beef	cut into s

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1	Teaspoon	Pepper Corns	To make paste
10	Flakes/Seeds/Cloves	Garlic	To make paste
1	Large	Ginger	To make paste
	As Required	Salt	Make a paste
1/2	Teaspoon	Garam-Masala	Make a paste
	As Required	Cooking Oil	Heat oil
1/2	Teaspoon	Vinegar	Blended to pulp
1	Teaspoon	Tomato Ketchup	Blended to pulp
1	Large	Tomatoes	Blended to pulp
1/2	Teaspoon	Turmeric Powder	To make paste
2	Teaspoon	Coriander Powder	Make a paste
1	Teaspoon	Chilly Powder, Red	Make a paste

Method

- 1)Clean beef(boneless) and cut into small cubes and keep aside.
- 2)Make a paste of ginger, garlic, black pepper and 1/4 tsp of turmeric powder.
- 3)Mix beef with this paste along with some salt.
- 4)Cook it well in a pressure cooker(apprx. 20 minutes).
- 5)When its done, separate beef cubes from the gravy and keep aside.
- 6)Heat some oil in a non stick pan.
:- Oil should not be very hot.
- 7)Add coriander powder, chilly powder, 1/4 tsp of turmeric powder and garam masala.
- 8)Saute it for a minute on a very low flame.
- 9)When it turns light brown colour, add the gravy(separated from beef) and saute this for 2 or 3 minutes, till the oil starts to separate.
- 10)Add tomato paste, tomato sauce and vinegar one by one and saute again.

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11)When oil separates, add the cooked beef and stir it well.

12)Cook this, till it becomes dry and dark brown.