

Beef Roast Fried

Written by Our Family

Ingredients

Quantity:	Measure:	Ingredients:	Description:
Half	Kilogram	Beef - Rump	In a Pres
3	Tablespoon	Vinegar	For Marinade +
3	Tablespoon	Garam-Masala	For Marinade
1	Tablespoon	Ginger Garlic Paste	For Marinade
1	Teaspoon	Turmeric Powder	For Marinade
2	Tablespoon	Cooking Oil	For frying meat
3	Sticks	Cinnamon	In a pressure co
6	Half	Cloves (spice)	In a Pressure co
6	Medium	Chillies Red Dry	In Pressure Coc
A	Few	Coriander Leaves (Kothme	Minced for garni
A	Few	Mint Leaves (Pudina)	Minced for garni
4	200 g	Potatoes	Separately fry p
2	200 g	Onions	Fry separately o
A	Little	Salt	For taste

Method

Wash and cut "Gola" meat - previously bought from the butcher.

Marinate it with a little vinegar, garam masala, ginger-garlic paste, and turmeric powder. Keep in the fridge overnight. Next day, heat about one tablespoon of oil in the Pressure Cooker, and. add a few cinnamons and cloves and 4 whole red chillies and finally the meat. Add quarter to half-cup water and close the pressure cooker lid, and pressure cook for 20 minutes. When the meat is cooked and the lid is open, continue cooking, till the meat absorbs

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the liquid.

When the meat has cooled, you can keep it in the fridge, and take it out and make slices whenever you want.

In a Sauce Pan, heat some cooking oil and fry the meat slices, and keep aside. In the same pan, fry the potatoes, pared and cut in round flat slices. Remove and keep aside. In the same pan, fry round onion rings. Then put all in the saucepan arrange them, and heat are fry once more.

Sprinkle some vinegar and salt on top, if you need a sour taste. Garnish with finely chopped coriander leaves, and mint leaves.