

# Salted Beef

Written by Our Family

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## Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	2	Kilogram	Beef	Remove all the bones.
1		Teacup	Salt - Crystals	rub well into the meat.

## Method

Remove all the bones. Fork the meat or put two to three slits on the meat. Powder the salt and rub well into the meat. Place on it a thali with a weight on it. Again after three to four hours, roll and turn the meat in the same salt. This is the quickest way of salting and it will remain good only for a short period. Any fresh meat remaining in the kitchen may be so salted. Next day, wash or soak in water and boil or prepare chops or curry.