

Beef Mince with potatoes and peas

Written by W.J.Pais

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1/2	Kilogram	Beef - Mince	Wash and cut into small pieces
3	Large	Potatoes	Pared and cubed
200	Grams	Green Peas (Matar)	Shelled
3	Tablespoon	Cooking Oil	or ghee for fry
2	Medium	Onions	sliced and fried
3	Teaspoon	Garlic Paste	Fry
1-1/2	Teaspoon	Ginger Paste	Fry
2	Small	Bay Leaves (Tejpatta) (Dry)	Fry Cinnamon L
1	Teaspoon	Turmeric Powder	Fry
1	Teaspoon	Chilly Powder, Red	Fry
1-1/2	Teaspoon	Jeera Powder	Fry
1	Teaspoon	Coriander Powder	Fry
1	Teaspoon	Garam-Masala	Fry
1	Inch	Cinnamon (Dalchini)	Add
4-6	Nos.	Cloves (Lavang)	Add
1/2	Teaspoon	Cardamom Powder	Add
3-4	Nos.	Chillies Green	Slit and Add
1	Teaspoon	Vinegar	Optional
	As Required	Salt	to taste

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Method

Wash the ground beef mince, drain all the water and keep aside.

In a separate vessel, par boil, potatoes and peas.

Fry:

In a frying pan, heat some ghee or cooking oil, and fry the sliced onions till they turn golden brown. Then add the ginger and garlic paste and fry it. Add the bay leaves and fry them, till they change their color.

Then add the curry powders, and fry all well.

Add

cinnamon, cloves and cardamom powder or crushed or powdered cardamom. Finally, add the mince and fry it well.

Gently stir it. When sufficiently blended with the masala, add some water to the mince and cook, till the meat is well cooked. The water should be slightly above the meat contents.

When the meat is half cooked, slit the green chillies, lengthwise, and cook it with the mince. Add the potatoes and green peas and add salt to taste. If you like a sour taste too, then add a teaspoon of vinegar, as this is optional. When the mince is cooked and the water evaporated, and the dish appears dry, put the stove off.