

Beef Stew Curry

Written by V.J.Pais

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Beef	Cut the m
2	Salt-Spoon	Salt	For Paste
2	Teaspoon	Coriander/Dhania	For Paste
2	Teaspoon	Jeera/Cumin Seeds	For Paste
10	Nos	Pepper Corns	For Paste
2	Sticks	Cinnamon	For Paste
2	Nos	Cardamoms	For Paste - Black
6	Nos	Cloves (spice)	For Paste
6	Medium	Chillies Green	For Paste
6	Flakes/Seeds/Cloves	Garlic	For Paste
6	Small	Onions	For Paste
4	Tablespoon	Ghee	Heat
6	Medium	Potatoes	Pare, slice and t
2	Teaspoon	Lime Juice	For taste

Method

Cut the meat into small pieces and cook in sufficient water till half done. Remove the pieces and keep the meat gravy aside. Heat the ghee in a pan. Fry the ground paste; till oil separates

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Add meat pieces and fry till brown Add potatoes pieces and fry for a minute
Add the meat gravy and let it cook When done, add lime juice.