

## Nihari

Written by Bhavesh Zaveri

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### Ingredients

Quantity:	Measure:	Ingredients:
2	Kilogram	Beef - Undercut
		Cut and washed
2	Medium	Onions
As required		Minced
	Cooking Oil	
For frying		
1	Teaspoon	Ginger paste
Minced		
2	Teaspoon	Garlic paste
1/2	Teaspoon	Saunf
1	Teaspoon	Jeera
1/2	Teaspoon	Cardamoms
		Crush seeds
1	Teaspoon	Turmeric Powder
2	Teaspoon	Red Chilly Powder
As required		
	Salt	To Taste
2	Tablespoons	Ghee
As required		Refined Wheat flour

### Method

Firstly heat oil and put in the onions till brown. Then put the beef and mix well. Then put ginger, saunf, jeera and cardamoms and mix well. Then add turmeric powder, ginger garlic paste, red chilly powder, salt and ghee and stir well. Let it cook till beef is tender. Make paste of flour and add in it and continuously mix it. Cook for another 10 minutes. Just before serving, put freshly fried onions along with hot ghee. Serve the delicious spicy nihari with sliced ginger, green

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chillies and coriander leaves.