

Ingredients

	Quantity:	Measure:	Ingredients:	
2		Kilogram	Beef - Undercut	Cut and washed
2		Medium	Onions	Minced
As required		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

chillies and coriander leaves.