

Aloo Gosht

Written by Bhavesh Zaveri

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Beef - Steak	
2-5	Medium	Chillies Green	to taste
2-4	Teaspoon	Chilly Powder, Red	to taste
1/4	Teacup	Cooking Oil	
2	Tablespoon	Coriander Leaves (Kothmeer)	finely chopped
2	Tablespoon	Coriander/Dhania	
2	Teaspoon	Garam-Masala	
6	Flakes/Seeds/Cloves	Garlic	
1	Tablespoon	Ginger	finely chopped
1	Tablespoon	Jeera/Cumin Seeds	
1/2	Teaspoon	Methi - Fenugreek	
1	Teaspoon	Mustard Seed	black

Aloo Gosht

Written by Bhavesh Zaveri

3	Medium	Onions	finely minced
500	Grammes	Potatoes	pared and cube
1, 1/2	Teaspoon	Turmeric Powder	
4	Tablespoon	Vinegar	

Method

1) Cut steak or lamb into cubes. Heat oil and fry the mustard seeds until they splutter. Add the fenugreek (Methi), garlic, ginger chopped) and onion. minced) Fry until onions are golden. Add turmeric and fry for 1 minute. Add the coriander, jeera (cumin) and chilly powder. Stir well.

2) Add salt and vinegar, and fry until the liquid evaporates. Sprinkle in the garam masala powder and mix well. Add the meat and turn until it is coated.

3) Add the cubed potatoes and cover. Cook for another 20-30 minutes or until the potatoes are cooked.

4) Sprinkle with finely chopped - coriander, green chillies and garam masala powder .