

Malabar Beef Curry

Written by Friends' Contribution



Ingredients

| Quantity: | Measure: | Ingredients: | Description: |
|-----------|----------|----------------------|-----------------|
| 1/2 | Kilogram | Beef | Cut beef |
| 1 | Teaspoon | Vinegar | For grinding Ma |
| Half | Teaspoon | Kuskus - poppy seeds | Grind Masala |
| 2 | Nos | Chillies Red Dry | Grind Masala |
| 1 | Bits | Ginger | Grind Masala |
| 1 | Ball | Tamarind | Grind Masala |
| 1 | Bits | Turmeric/Haldi | Grind Masala |
| Half | Teaspoon | Jeera/Cumin Seeds | Grind Masala |

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|------|---------------------|------------------|-----------------------|
| 1 | Tablespoon | Coriander/Dhania | Grind Masala |
| 2 | Tablespoon | Cooking Oil | For frying |
| Half | Teaspoon | Mustard Seed | For seasoning |
| 1 | Medium | Onion | Mince |
| 1 | Inch | Ginger | Mince |
| 4 | Medium | Chillies Green | Mince |
| 4 | Flakes/Seeds/Cloves | Garlic | Mince |
| 1/2 | Nos | Coconut Copra | Cut in small cubes |
| 200 | Grammes | Potatoes | Pare and cut in cubes |
| 200 | Grammes | Tomatoes | Cut in cubes |
| 1 | Salt-Spoon | Salt | To Taste |
| 2 | Salt-Spoon | Sugar | To Taste |

Method

- 1)Cut beef into small cubes.
 - 2)Grind the masala in vinegar and use it to marinate beef for 2 hours.
 - 3)Put beef with the masala in a pressure cooker. Add 1 teacup water. Keep cooker on slow flame for 5-7 minutes, then into full flame. After 15-20 minutes put the stove off.
 - 4)Chop coconut into small pieces.
 - 5)Fry in the cooking oil the minced masala and then add the tomatoes and potatoes.
 - 6)Put the cooked meat from the pressure cooker, into the fried mince masala with the coconut cubes and continue cooking. If the water is less, add sufficient hot water.
 - 7) Let it simmer for a few minutes.
- Add salt and vinegar to taste. If the pungency is too much, add a salt spoon of sugar according to your taste.