

Beef Indad

Written by W.J.Pais

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Beef	cut 1 inch
3	Teacup	Water	For grinding.
8	Flakes/Cloves	Cloves (Lavang)	For grinding.
2	units	Cinnamon (Dalchini)	For grinding.
2	Salt-Spoon	Salt	For grinding.
3	Tablespoon	Vinegar	For grinding.
10	Nos.	Chillies Kashmir	for grinding.
6	Medium	Chillies Green	For grinding.
3	Medium	Onions	For grinding.
1	Tablespoon	Jeera (Cumin Seeds)	For grinding.
Half	Inch	Turmeric/Haldi	For grinding.
1	Ball	Tamarind	For grinding.
1	Pods (whole)	Garlic (Lason, Losun)	For grinding.
8	Nos.	Pepper Corns	For grinding.
Half	Teaspoon	Mustard Seed (Sarson)	put while grind
1	Inch	Ginger (Adhrak)	put while grind
500	Grams	Potatoes	boil,peel and c
3	Tablespoon	Ghee	Heat

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Tablespoon

Sugar, White

Or jaggery.

Half

Tablespoon

Brandy

Or Whiskey - o

Method

Cut the Beef into small pieces and wash them. Grind all the masala in vinegar. Wash the mixer with diluted vinegar and remove all stuck masala, and keep aside. Boil the meat in water with cloves and cinnamon and salt to taste, till well cooked. (about one hour or more). Remove the meat when cooked, and keep aside.

Boil potatoes and peel and cut in slices and keep aside.

Heat the ghee in another vessel, also large enough to held the pork pieces and brown the boiled meat in it. Remove the meat and keep aside. In the same ghee, fry the ground masala, stirring all the time. Sprinkle a few drops of water once or twice, when frying. Then add the meat and gravy to the fried masala and stir. Add the diluted vinegar used for cleaning the mixer. Add boiled potato slices. Continue cooking for some time. Taste it. Put sugar, salt and vinegar to taste as required.

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and put them in the cooked meat.