

Beef Bafat

Written by Our Family

Ingredients

Quantity:	Measure:	Ingredients:	Description:
3	Teacup	Water	For boiling
1.5	Kilogram	Beef	Cut and wash
10	Nos.	Cloves (Lavang)	Ground Masala
2	units	Cinnamon (Dalchini)	Ground Masala
5	Medium	Onions	Ground Masala
15	Nos.	Pepper Corns	Ground Masala
20	Nos.	Chillies Red Dry	Ground Masala
1	Tablespoon	Jeera (Cumin Seeds)	Ground Masala
2	Tablespoon	Coriander(Dhania)	Ground Masala
1	Inch	Turmeric/Haldi	Ground Masala
3	Tablespoon	Vinegar	Ground Masala
6	Medium	Chillies Green	Siced green m
2	Pods (whole)	Garlic (Lason, Losun)	Siced green m
1	units	Ginger (Adhrak)	Siced green m
1	Kilogram	Potatoes	Pare and slice
2	Twigs/Sprigs	Bay Leaves (Tejpatta) (Dardam)	Add to meat w
A	Little	Salt	Add for taste

## Beef Bafat

Written by Our Family

---

### Method

Cut and wash the meat into small pieces. Grind the masala. Slice onions, etc. Mix meat, masala, cloves, cinnamon, salt and vinegar to taste, with water. Cook for one hour till the meat is tender, then add potatoes, sliced green masala and ghee. Boil till everything is cooked.