

Malabar Style Dry Beef

Written by Friends' Contribution

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Kilogram	Beef	Wash and
1/2	Nos.	Coconut Copra	Cut in small cubes
1.5	Inch	Ginger (Adhrak)	For grinding
6	Medium	Chillies Green	For grinding
2	Medium	Onions	For grinding.
1	Teaspoon	Coriander Powder	For grinding
3/4	Teaspoon	Chilly Powder, Red	For grinding
A	Handful	Curry Leaves (Kadi patta)	For grinding.
8	Small	Onions	Red. For seasoning
1	Tablespoon	Garlic Paste	For seasoning
1	Teaspoon	Chilly Powder, Red	For seasoning
1	Teaspoon	Garam-Masala	For seasoning
1	Teaspoon	Coriander Powder	For seasoning
1	Teaspoon	Jeera Powder	For seasoning
1	Medium	Tomatoes	Chopped for seasoning

Method

1)Cut beef into small cubes.

2)Marinate beef in the ground masala for 15-20 minutes.

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3)Put beef with the masala in cooker. Don't add water. Keep cooker on slow flame for 5-7 minutes, then into full flame. Keep for 15-20 minutes after one whistle.

4)Chop coconut into small pieces.

5)Add it after beef has been cooked and keep cooker for 1 more whistle.

6)Fry coarsely ground small red onions and garlic.

7)Add the powdered masalas kept for seasoning.

8)Add chopped tomato.

9)Add meat and mix well. Let it simmer for a few minutes.

:- One soup cube added to the dish will give it that extra flavour.