

Sandwiches Beef Roast

Written by Mother's Touch

Ingredients

Quantity	Measure	Ingredients
1	Kilogram	Beef - Rump
6	Slices	Bread, White
3	Sticks	Cinnamon
6	Nos	Cloves (spice)
3	Tablespoon	Garam-Masala
1	Tablespoon	Ginger Garlic Paste
A	Little	Salt
1	Teaspoon	Turmeric Powder

Method

Wash and cut "Gola" meat (beef rump) - previously bought from the butcher. Marinade it with a little vinegar, Garam masala, ginger garlic paste and turmeric powder. and keep in the fridge overnight. Next day, put 2 teacups of water in the Pressure cooker, and heat the water a little, then put the meat, with the cloves and cinnamon sticks, and the red chillies, and close the pressure cooker lid, and wait till the first whistle blows. Then reduce the fire, and wait for the steam to escape. When steam has started to escape, put the weight, and cook for 10 minutes. Put the stove off.

If the pressure cooker gasket is old, it may leak, so please check your gasket.

When the meat has cooled, you can keep it in the fridge, and take it out and make slices whenever you want, and place them between the slices, and apply coconut chutney and butter. You can also fry the slices and then put in in between two bread slices, with onion rings, tomato slices and a leaf of lettuce, broken into small pieces. Add a little sauce or salad dressing if you like.