

Sheba's Recipes

Beef Curry with Tomatoes



Serves to 3 persons

Ingredients

Beef cubes	1 pound or 1/2 kg
Tomatoes	2 pound or 1 kg
Onion	1 medium size
Garlic minced	1 teaspoon
Garm Masala	1 Teaspoon
Ginger minced	1 teaspoon
Green Chilli	1
Onion	1 medium size
Salt	1 teaspoon
Chilli powder	1 teaspoon
Turmeric	1/2 teaspoon
Coriander leaves	For garnishing
Cooking oil	4 table spoon

Method

Steps using a pressure cooker. If you are not using a pressure cooker you will need extra time to cook beef to the level of desired tenderness. All other steps remain the same.

Slice onions and tomatoes

Heat oil in the pot and add sliced onions and fry for a minute

Add meat to the pot along with all the spices and fry for another minute before adding sliced tomatoes

Close the lid and cook on medium heat for 10 minutes stirring a few times to ensure that the meat does not stick to the bottom of the pot, water should leach out from onions, meat and tomatoes

Cook down the water by cooking on high heat, when the water evaporates the oil should separate that means you are ready for the next step

Add 1 1/2 cup of hot water, close the lid of the pressure cooker or pot.

For pressure cooker cook on high heat till the pressure builds, turn the heat to medium and let it cook for another 25 to 30 minutes. Open when safe check the tenderness of the meat. It should be fork tender. That means the dish is ready.

If not using pressure cooker, cook on medium heat with the lid on and check often to make sure that the meat does not stick to the bottom. When the meat reaches the desired tenderness the dish is done. May take longer.

Garnish with cilantro and serve hot

Goes well with Naan and roti. Can also be eaten with rice.

Do watch my video in the video section to see step by step demonstration. Enjoy.