

## JEERA MEERA (GREEN MASALA DISH)

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(Florence D'Silva)

### Ingredients

2 lbs meat - cut into squares  
1" piece ginger - cut fine  
6 cloves garlic - cut fine  
2 tsp salt  
1 cup water

Boil all the above together on a medium heat until the water has almost dried.

### Masala

1 tsp cumin powder  
1 tsp mixed spice powder  
½ tsp turmeric powder  
¼ tsp pepper powder  
4 tbsps vinegar

Make a paste of the above spice powders and vinegar.

### Method:

- ❖ In 2- 3 tablespoon oil fry two medium onions (sliced) till a golden brown.
- ❖ Now add the Masala paste and fry well.
- ❖ Add the meat and sauté a little before adding the liquid (if there is no liquid left add a ¼ cup of water)
- ❖ Cook on a low heat for about 15 minutes. Serve with rice or crusty bread. Serves six.

P.S: Add two green chillies if extra hotness is desired.