

MEAT CHILLI FRY

(Jennifer Fernandes)

Ingredients

1 ½ kg meat (cubed)
8 large onions
8 peppercorns
2” piece ginger
6 flakes garlic
A bunch each, coriander and mint leaves
4- 6 green chillies
Salt and pepper to taste
A little tamarind

Method:

- ❖ Boil the meat with one onion, peppercorns and salt.
- ❖ Slice the remaining onions and chop fine the ginger, garlic, coriander and mint leaves and green chillies.
- ❖ Fry the remaining onions till they are transparent.
- ❖ Add the chopped green masala, then the meat and seasoning.
- ❖ Next pour in the water in which the meat was boiled and when the meat is nearly done, add the tamarind.
- ❖ Cook till dry.