

## MEAT VINDALHO

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(M. Tellis)

### Ingredients

1 kilo meat ~ cut into cubes

3 onions

### Masala

3 red chilies (without seeds)

3 onions

8 flakes garlic

2" piece of ginger

$\frac{3}{4}$  tsp cumin

$\frac{1}{2}$  tsp peppercorns

$\frac{1}{2}$  tsp turmeric powder

3 big cardamoms

6 cloves

### Method:

- ❖ Grind the masala in vinegar
- ❖ Pre-boil the meat.
- ❖ Put some oil in a utensil and fry the onions for a few seconds. Do not allow them to turn brown.
- ❖ Next add the ground masala and fry well. Then add the pre-boiled meat. Fry well.
- ❖ Then add as much as water as required for gravy.
- ❖ Slit 2 green chilies and add to the curry.
- ❖ Add salt to taste.
- ❖ Allow to simmer on low fire until the oil comes to the top.