

PALAK GHOST (SPINACH MEAT)

(Ivan Rosario)

Ingredients

2 lb beef - washed and cubed
1 cup yogurt
1 tsp garlic paste
1 tsp ginger paste
1 tsp coriander paste
1 tsp cumin powder
1 tsp garam masala
4 green chillies - chopped
1 tsp red chilli powder
1 tsp salt
¼ cup oil
500 grams spinach or 1 box frozen chopped spinach
3 -4 tbsp ghee or clarified butter
1 medium onion - thinly sliced
1" ginger - cut into matchsticks

Method:

- ❖ Wash and remove excess fat from meat and cut into 1" pieces.
- ❖ In a large bowl combine yogurt, garlic, ginger, coriander powder, cumin, garam masala, green chillies, chilli powder and salt. Add meat pieces and stir so that the yogurt mixture coats the meat pieces. Leave to marinate in the fridge for 3-4 hours.
- ❖ Heat oil in a pot over medium heat and fry the onions, when onions turn translucent add the marinated lamb. Stirring constantly fry the meat for 10-12 minutes or well browned. Add 1 cup of water, cover and cook on low heat until the meat is almost tender.
- ❖ Add spinach and cook on medium low heat until the moisture from the spinach has evaporated and spinach and meat is well cooked.
- ❖ In a small frying pan, heat ghee, add sliced ginger. Stirring constantly until the ginger are golden brown. Pour over the cooked meat.