

# KEEMA

*Savoury mince – Indian style*



## INGREDIENTS

2-4 med onions  
2-10 hot chillies or (to taste)  
4-10 cloves garlic  
1 Tbsp fresh chopped ginger\*  
oil/ghee for frying

1 kg (2.2 lbs) ground meat  
(lamb or beef)  
20 curry leaves (opt)  
2-6 large ripe tomatoes (or a tin)  
1 cup water/stock  
(more or less to prevent burning)

1 tsp turmeric  
1 tsp ground black pepper  
1 tsp cinnamon  
1 tsp ground cardamom  
2 tsp ground coriander  
2 tsp ground cumin

2 med potatoes (diced)  
1 cup peas (fresh or frozen)

2 Tbls lemon juice

## METHOD

Chop onions, chillies, garlic and ginger. In a large, heavy bottom frying pan fry these ingredients until the onions are golden brown. Remove from the fry pan and set aside.

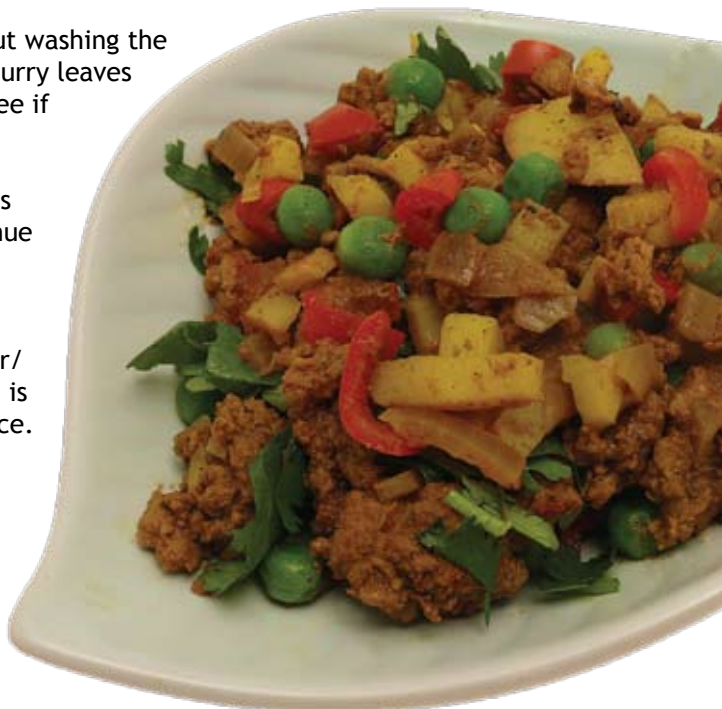
In the same pan, without washing the pan, fry the meat and curry leaves until brown. Add oil/ghee if needed.

Add the spices, potatoes and peas stir and continue cooking for a couple of minutes.

Add tomatoes and water/stock. Cook until liquid is reduced. Add lemon juice. Garnish with coriander leaves.

### \*TIP

If you are using ground ginger, add it with the other ground spices.



# BEEF KABAB

*Kabab with the essence of India*



## INGREDIENTS

### Sauce

1 cup coriander (cilantro) leaves  
1 small onion, peeled  
3 cloves garlic, peeled  
1-2 small red chillies  
1 Tbsp piece fresh ginger or 1 tsp ground ginger  
3 Tbls fresh lime/lemon juice  
6 Tbsp coconut cream or yogurt or combination of either  
½ tsp salt or to taste

½ tsp ground black pepper  
1 Tbsp garham masala  
(or 1 tsp ground coriander seed  
1/2 tsp ground cumin seed  
1/2 tsp ground cardamom seed  
1/4 tsp ground mace  
1/4 tsp ground star anise)  
1 Kg /2 lbs rib-eye steak, cubed  
1-2 medium red onion

## METHOD

Place the coriander, onion, garlic, chilli, ginger, juice, salt, black pepper and yogurt/coconut cream in a food processor. Process until a paste is formed. Put 4 tablespoons of the paste in a small bowl set aside as dipping sauce. Transfer the rest of the marinade to a large bowl. Stir the garham masala (or powdered spices). Add the steak and coat well. Cover and marinate at room temperature for an hour or in the fridge overnight.

Cut the red onion into wedges and separate each wedge into 2 layers. Thread the beef and onion chunks onto skewers. Grill kebabs for 8 to 10 minutes, or until cooked, turning the skewers every 2 minutes.

Serve with the coriander/cilantro sauce.

## TIP

Soak wooden skewers in water for half an hour before grilling.

