

RECIPE : BEEF PULAO

with Mehman Rice.

INGREDIENTS:

500 g Beef
5-7 Black Cardamom
10 g Black Pepper
4-5 Cinnamon sticks
2 Bay Leaf
10 g Whole Coriander
5-7 Star Anise
2 Liter Water
Salt to taste
4-6 Garlic cloves
1 Onion

Ingredients of Beef Pulao::

500 g Mehman Rice
4 Tbsp cooking oil
1 Onion
10 g Green Chilli (Chopped)
20 g Tamarind
150 g Yogurt
Salt to Taste
10 g Whole Cumin
1 Tsp Cumin Powder
1 Tsp Coriander powder
2 cup Beef stock



Method:

Take a muslin cloth and add, black cardamom, black pepper, cinnamon, bay leaf, whole coriander, star anise, and make the knot of cloth. Now, in a cooking pot, add water, garlic, onion, spices bag, water and cover this pot and cook for 50-60 mins. After that strain the beef stock.

Method for Beef Pulao::

In a cooking pot add cooking oil, onion, green chili, onion, tamarind, and cook until light brown. Now, add boiled meat, yogurt, cumin, cumin powder, coriander powder and cook for a while. Now, add soaked Mehman rice, stock, and cook for a while. Now, simmer for 10-15 minutes. Your tasty Beef Pulao now ready to serve.