

Meat of the matter

BEEF CURRY

Eid day; the men, the women, and the children have all returned from Eid prayers. The butcher — amateur in all aspects — gets busy with his new found profession; he is the ubiquitous ‘butcher for a day’ on active service!

Now you may want to have the “rib eyes” separated the “sirloins” — well, not happening. This is beyond the butcher — in fact any butcher...even the professionals we see at the bazaars! If you do not mind getting your hands a little red, YouTube tutorials might come handy.

After the slaughter, the skins removed, and offals taken out, the legs are the first pieces of meat=bone to be separated.

Now, the meat and bones taken more often from the hind leg than the front, are chopped, mixed, and cleaned. The meat is now cooked in a large pot, mixed with the right amount of spices — which eventually gives the beef curry its ultimate kick. The entire preparation is time consuming, so a small portion of the meat is taken from the pot, and cooked to serve for lunch that is often shared with the butchers and their hands.

In some households, this is the first meal of Eid-ul-Azha, following one of the traditions of the Holy Prophet (PBUH). While it may result in an up-chuck reflex to many, some prefer the liver.

Just because what’s cooking in the pots is

your run-of-the-mill staple beef curry, does not necessary mean that things should be a mundane affair. Eid after all!

The way you treat cooked meat after, is what sets the plain Jane apart from the seasoned mistress of the house.

Served in a platter — the dish can be complemented with parathas; the garnishing can include lemon rinds, baby carrots, and a shot of lime juice — to cut the fat you are devouring.

Although most Eid traditions are now lost, and visiting family being near extinct, this simple ‘beef curry’ gives you the chance to entertain your guest with all the savouries and the desserts, and with the meat from the slaughter — just like the yesteryears.

