

Roast beef with a deshi twist

Ingredients

For the roast —

900g–1000g beef, roast cut

(Preferably if it's an eye of round. Just ask your local butcher to keep a log like round piece of meat for you from the upper round of a cow).

300g shallots, peeled and cut in half

1 tbsp white mustard paste (shorisha bata)

2 tsp garlic, minced

Salt, as per taste

1 tsp pepper

1 tbsp oil

Woody herbs — rosemary, oregano, thyme, optional

For the gravy —

¼ cup tamarind syrup

1 tbsp jaggery

1 tsp white mustard paste

(shorisha bata)

½ cup beef stock

1 tsp flour

Salt and pepper

Method

Remove extra fat from the meat.

Marinate the meat with generous

helping of salt

and pepper. Leave

it overnight in the

fridge. The next day,

take the meat out from

the fridge. Bring it to room

temperature.

Take a thick iron skillet and warm it up on medium high flame. Drizzle 1 tablespoon of vegetable oil on the meat and coat evenly. Sear the piece of the meat fat side down for 3 minutes and other sides for 2 minutes each to make an even brown crust on all sides.

Take the meat out from the skillet and let it rest for 5 minutes. Meanwhile, take the shallots in a bowl and drizzle some oil. Wipe excess oil from the skillet and add the oil coated shallots in it. Let the shallots roast for 1 minute.

Mix the mustard paste with garlic and few of the dry herbs of your choice. Rub the paste thoroughly on the meat.

Pre heat your oven to 180° C for 10 minutes. Place the meat on the bed of shallots in the skillet. Roast the meat for 45 minutes in the oven. Take the roast out from the oven, baste the roast with the beef liquid from the skillet. Add some herbs of your choice on top and cook it again for 20 more minutes.

Take the roast out from the oven, place it in a cool dish/cutting board. Cover it loosely with a foil. Allow the roast to rest for 20 minutes.

Take the same skillet that has been used for the roast, take out all the caramelized onions and keep aside.

While the roast is resting, prepare the gravy. Take the same skillet and put it on the stove on medium heat. There should be some beef juices left in the skillet. Add some *tetuler*

rosh/tamarind syrup in it.

Try to scrape off the bits

and pieces of the beef

and shallots with a

spatula. Add mustard

paste, cook for 1

min. Add beef stock,

jaggery, salt and

pepper. Bring it to a

boil. Add a teaspoon

of flour to make the

gravy thicker. Check

seasoning. Remove the

gravy from the stove. Pour it

in a nice gravy dish.

Rest for a bit. Now take a sharp carving knife and carve the roast in really thin slices. Thinner the tastier. Place the slices on a serving dish, pour the gravy over, place some of the caramelised shallots on side. Garnish with fresh woody herbs.

Serve and enjoy with your friends and family!

By Kazria Kayes

Photo and Food: Kazria Kayes

Kazriya Kayes is the Head of Marketing at Mentors, a freelance voice over artist, founder of the group Curly Girl Bangladesh, an avid home chef, who also has a cloud kitchen and catering house along with her mother.



Shining in my Kitchen: Star Lifestyle Recipe Competition 2022

'Shining in my Kitchen' was Star Lifestyle's recipe competition for the year 2022 where we asked our valued readers to send their best meat recipes ahead of Eid ul Adha. Selecting the best recipes from a host of entries is never easy. Kazria Kayes, Sheulee Akter, and Arshia Idris Talha have shone their way through the strenuous selection process and emerged as winners. So try out these top recipe entries this festive season.

— **LS Desk**

Photo: LS Archive/ Sazzad Ibne Sayed



Beef lemongrass-coconut oil curry (with peanuts and fried shallots)

Ingredients

For the spice paste —

1 lemongrass

6 dried red Asian chillies

4 eschallots, peeled

5 cloves garlic, unpeeled

2.25-inch galangal piece, peeled and cut into ½-inch slices

4-6 tbsp water

For the dried spices —

½ tsp ground cloves

¾ tsp cumin

1/8 tsp ground nutmeg

¾ tsp coriander

½ tsp cardamon

½ tsp cinnamon

For the beef—

700g beef chuck, cut into 2.5-inch cubes

500ml beef broth, low sodium

2 bay leaves

For the curry sauce—

¼ cup vegetable oil

400ml coconut oil

1 cinnamon quill

1 star anise

tsp tamarind paste/puree

1 tbsp fish sauce

1 tbsp white sugar

2 medium-small potatoes, peeled and cut into 1-inch pieces

Garnish & Serving—

3 tbsp peanuts, roughly chopped

Finely sliced chilli, optional

Asian fried shallots

Steamed jasmine rice

Method

To prepare the beef, place beef ingredients in a medium saucepan. Liquid should almost cover the beef, but not completely. If not, add water. Add lemongrass trimmings.

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