



#FOOD & RECIPES

Spice up your life with these fiery beef recipes

Ready to spice up your culinary repertoire? This collection of mouth-watering beef recipes is sure to delight your taste buds and impress your dinner guests. From the rich and aromatic spicy beef bhuna to the tender and flavourful jhura mangsho, and the classic beef steak with barbecue sauce, there's something here for every beef lover. Whether you are a seasoned chef or just starting, these recipes are your ticket to a delicious meal. Let's get cooking!

SPICY BEEF BHUNA

Ingredients

1 kg of mixed beef, boneless and bone-in
½ cup of cooking oil
2 large onions, chopped
1 ½ tbsp salt
1 tbsp minced ginger
1 tbsp minced garlic
Whole spices (1 bay leaf, 1 stick of cinnamon, 2 pieces of cardamom, 2 cloves,

5-6 whole black peppercorns)

1 tsp turmeric powder
2-3 tsp chilli powder
2 tsp coriander powder
1 tsp cumin powder
1 tsp curry powder
½ tsp garam masala
1 tomato, chopped
½ cup hot water
Handful of fresh cilantro, finely chopped

Method

Add in all the ingredients into a pressure cooker (apart from the tomato and cilantro). Mix everything and then place it into the pressure cooker on high flame. Cook for 8-10 minutes stirring once or twice and add in the hot water. Once the pressure cooker reaches the optimal pressure, turn the flame/heat to medium and cook for another 20 minutes.

Take off the lid, release the pressure and turn the flame to high, stir well. Add in the tomatoes, stir and cook on high flame for an additional 15 minutes. By this time the beef bhuna should be cooked and you will start to see some of the oil floating on the surface of the curry. Add in the chopped cilantro, stir and take the pressure cooker off the heat. Enjoy hot with rice, naan bread or roti.