



JHURA MANGSHO

Ingredients

For cooking beef —

- 2 kg boneless beef
 - 1 tbsp ginger paste
 - 1 tbsp garlic paste
 - 1 tsp salt
 - ½ tsp turmeric
 - ½ tsp coriander powder
 - ½ tsp cumin powder
 - ½ tsp red chilli powder
 - ½ tsp garam masala
 - 1 bay leaf
 - 3 cardamom pods
 - 1 cinnamon stick, about 1-inch
 - 8 whole black peppers
 - 1 dry red chilli
 - ½ cup cooking oil
- For frying beef —*
- ¼ cup oil
 - 3 cups cubed onions
 - 4 green chillies slit



- ¼ cup chopped cilantro
- 1 tsp freshly ground cumin powder
- 1 tsp ghee

Method

For cooking the beef —

Mix all the ingredients. Using an Instant pot or pressure cooker, cook the beef for 30 minutes. You can do a quick or natural release on the instant pot after the 30 minutes of cooking time. The beef should be tender. If you are doing this on the stovetop, cook the beef covered until it is tender. Shred the beef using two forks right inside the pot.

Turn on the sauté mode on the instant pot to cook down the liquid fully. If you are not using an Instant pot, cook uncovered until the liquid has been absorbed.

For frying beef —



Separately in a large frying pan, heat oil and sauté onions until golden. Add shredded beef, followed by green chillies, cilantro, cumin powder, and ghee. Stir fry for 5-7 minutes.

BEEF STEAK WITH BARBEQUE SAUCE

Ingredients

- 2 (5-ounce) boneless sirloin steaks
- Salt and freshly ground black pepper to taste
- ½ cup beef broth
- 1½ tbsp barbecue sauce
- 1 dash of hot pepper sauce
- 1 tsp cold butter, or more, to taste
- 1 tbsp vegetable oil

Method

Place each steak between two sheets of heavy plastic on a solid, level surface. Firmly pound each steak with the smooth side of a meat mallet to a thickness of ¼-inch. Discard the plastic and generously season steaks with salt and pepper.



Make the barbecue butter sauce — Combine beef broth, barbecue sauce, hot sauce, and another pinch of pepper in a bowl. Add cold butter, but do not stir.

Heat oil in a large skillet over high heat until it just begins to smoke, about 1 minute. Place steaks into the pan and sear for 45 to 60 seconds on each side. Remove from the skillet and set aside to rest. Pour barbecue butter sauce into the skillet and bring to a boil while scraping the browned bits of food off the bottom of the pan with a wooden spoon. Stir occasionally until butter is melted and incorporated, about 2 minutes. Spoon barbecue butter sauce over steaks to serve.

Enjoy a tasty and affordable steak recipe right in the comfort of your own home.

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