

#FOOD & RECIPES

# Celebrate Eid *with* these unique fruit-meat recipes

While many home cooks may hesitate to pair fruit with meat, thinking the flavours might clash, the truth is quite the opposite. When done right, the natural sweetness and acidity of fruits can enhance savoury dishes, adding layers of complexity, tenderness, and seasonal charm.

As Eid-ul-Azha approaches and kitchens come alive with the sizzle of hearty meat dishes, why not take a detour from the usual and explore something refreshingly different?



## SWEET AND SPICY PINEAPPLE BEEF CURRY

### Ingredients

- 1 kg beef
- 1 cup fresh pineapple, cut into pieces
- 1 cup pineapple juice
- 2 slices lightly caramelised pineapple chunks, for garnishing
- 2 medium onions, finely chopped
- 1 tbsp garlic paste
- 1 tbsp ginger paste
- 5-6 green chillies, slit
- 2 tsp red chilli powder
- 1 tsp turmeric powder
- 1 tsp cumin powder
- ½ garam masala powder
- 1 tbsp soy sauce, optional for a fusion twist
- 1 tsp sugar or honey
- 3 tbsp oil
- 2 bay leaves
- 3 tbsp oil
- 4 cardamoms
- 1 cinnamon stick
- 2 cloves
- Salt, to taste
- Water – as needed

### Method

Marinate the beef with turmeric, red chilli powder, a little salt, and half of the pineapple juice for 30 minutes. Heat oil in a pan and add bay leaves and whole spices, sautéing them for a few seconds until aromatic. Add chopped onions and fry until golden brown, then add ginger-garlic paste and cook for 2-3 minutes. Add the marinated beef and cook on medium heat until it begins to brown and release its juices. Stir in cumin powder, extra red chilli powder (if needed), salt, and soy sauce.

Continue cooking until the oil starts to separate from the mixture.

Add green chillies and a touch of sugar or honey, then pour in 1 cup of water and cook until the beef is tender. Add the pineapple chunks along with the remaining pineapple juice, stir well, and cook covered for a few more minutes. Once the meat is tender and the flavours have blended, sprinkle garam masala powder, mix gently, and switch off the heat. Cover and let it rest for 5 minutes. Garnish with caramelised pineapple chunks and serve hot with plain rice, polao, or paratha.

CONTINUED TO CENTRE

