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Prescy's Garlic Beef



Ingredients

1 kg beef (cut into cubes)

Marinate the beef for 6-8 hrs with:

1/2 cup vinegar

4 tbsp soya sauce

1 tbsp salt

1 tbsp pepper

1 tbsp grated ginger

2 tbsp crushed garlic

1 tsp chili powder

1/4 tsp turmeric powder

FOR THE GRAVY:

3 large onions (cut into round slices)

4-6 tbsp tomato ketchup

1 tbsp crushed garlic

4 tbsp vinegar

2 tsp pepper (optional)

8-10 tbsp oil

Preparation

- 1 To start off with, you must first fry the meat pieces in oil or butter - till it becomes a nice dark brown colour.
- 2 Remove and keep aside.
- 3 Heat oil.
- 4 Fry onions till transparent.
- 5 Add garlic and fry a little.
- 6 Then add ketchup, vinegar and pepper.
- 7 Add remaining sauce of the marinated meat.
- 8 When the oil separates, add the fried meat.

- 9 Add 3-4 cups of water and cook till tender.
- 10 After 6-8 hrs or overnight, boil the meat in the same vessel that it was marinated in.
- 11 After the meat is half cooked, drain the stock and keep it aside.
- 12 Then add oil to the same vessel and fry the meat for sometime
- 13 Or, you could fry small batches of meat in a vessel.
- 14 In another vessel, fry the onions and then follow the necessary recipe as above.
- 15 You can add water according to how thick you want the gravy.
- 16 This mouth-watering dish is best eaten with white bread or pita bread.

Cooks Note
