

## Beef Daal Recipe

### Ingredients:

1.5 lbs of beef  
1 cup toor daal (oily)  
1 table spoon chana daal  
1 table spoon masoor daal  
1 table spoon urad daal  
1 tea spoon ground cumin  
1 tea spoon ground coriander  
1 tea spoon turmeric  
1 tea spoon paprika (If you like spicy replace with chili powder or cayenne pepper)  
1 tea spoon garam masala (equal parts of ground black pepper, cloves & cinnamon)  
1 tea spoon Mustard seeds  
3 Large mild green chilies  
1/2 a cup of corn oil (you can use veg. or canola oils instead)  
1 cup of tomato puree  
Half a cup coriander leaves  
4-6 pieces Kokum (Garcinia Indica) Available in any Indian grocery store or on the Internet.  
1 table spoon of small curry leaves (Kadi patta )  
Salt to your liking

### Method:

First of all, cut the beef into small bite size pieces. Now take a big pot and put about 12 cups of water and boil it. Once the water starts to boil put the beef into the bowl, turn the heat to medium low and cover it with a lid. Let it cook minimum for about 1 hour. Separate the broth created from boiling the beef. We will use this broth to make our daal.

Mix all daals in a glass bowl, Add 4-5 cups of beef broth and heat in microwave for about 20 minutes. Daal will soak up enough broth and become soft.

In a medium or large pot put quarter cup oil. Let it heat up on high heat. Then put mustard seeds and fry till they start cracking (it takes about a minute). Now put tomato puree in the pot. Also cut two green chilies and put in the pot along with curry leaves and kokum. Keep frying them on high heat till they all become soft, then drop the temperature to medium.

Now put the boiled daal from the glass bowl in the pot and blend it well. Add all the spices except coriander leaves and one green chili. Those 2 items will be used at the end. Mix it well and let it cook on medium heat for about 10-15 minutes. Put extra beef broth in it to achieve the thickness of daal you desire. Most of the ingredients in it are whole. Let it cool down a little (about 10 minutes) and put the cooked daal in the blender and blend it until it is totally ground. All the taste of the ingredients is now blended and daal is ready.

Now take a separate pan and put another quarter cup of oil in it. Heat the oil till it is hot. Put the pre boiled beef in it and heat it up. Now put the daal in it and stir it well. Cook this daal with beef for about 10 more minutes on medium heat till the time it comes to the thickness of the daal you desire. Now the daal is ready. Put coriander leaves in the daal and mix it. Top off the dish with the third chili.

Enjoy

NB: You can also cook daal using only one daal. Toor Daal (oily) can be cooked by itself and Urad Daal also can be cooked by itself if you do not want to mix different daals. Urad Daal is a high energy daal. In India people who have hard labour jobs eat Urad Daal and Bajra roti. This is very heavy food and takes a long time to digest.

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