

Keema Matar

An absolute favorite amongst my friends, this recipe is quick and inexpensive. It's a meal you can whip up after work without spending half of your evening cooking it. It's also a 2 in 1 dish, meat and veggie in the same pan. Steeped in ginger, tomato and corriander this is one tasty treat. The potato in this recipe rounds it out and absorbs a lot of flavour from the curry. Served on rice, this tastes like you spent the whole day cooking it, but you actually prepared it in about an hour and a half including the baking time.

1/2 lb ground beef	3 cloves garlic
1/2 lb ground pork	1 big knob of ginger
1/2 lb ground veal	1 green chili
1 Spanish onion (or 3 - 4 regular)	1 red chili
4 vine ripened tomatoes	2 tblsp. curry powder
3 medium potatoes	salt
1 cup peas	pepper
1 liter beef stock	corriander

Chop potatoes into small cubes. Chop tomatoes into small cubes. Finely chop garlic, grate ginger and finely chop both chilis.

Caramalize onions. 3/4 way through cooking time of onions add potatoes, 1/2 garlic and 1/2 ginger. Remove from pan.

Fry meat, pork first then add veal, then beef in 2-3 min. intervals so as to ensure an even cook, sear and add green chili, red chili, rest of garlic and mother chunk of ginger, 2 tblsp. curry powder, salt and pepper. Stir in caramalized onions and potatoes and cook for 2 min. Remove from heat and add to baking pan. Deglaze frying pan with 1 cup of beef stock and add to baking dish with tomatoes and peas and rest of beef stock and half of corriander. Cook for 35 min. at 375 C. Remove after 35 min. and add last bunch of corriander and return to oven for another 10 - 15 min. (or until potatoes are tender).