

Balti Beef Recipe

Ingredients: Serves 4

2 tablespoons ghee or vegetable oil
1 onion, chopped
1 teaspoon grated fresh ginger
1 teaspoon paprika
1 teaspoon turmeric
1 teaspoon garlic puree
1 tablespoon curry paste
1 cup (250ml) beef stock
salt and fresh ground black pepper
700g rib-eye steak, cut into small thin slices
225g small okra, trimmed
425g canned chickpeas, drained
250g fresh young English spinach
2 teaspoons garam masala
2 teaspoons dried fenugreek leaves
4 naan breads, for serving

Method:

In a small pan, heat 1 tablespoon ghee. Add onion and ginger and cook until onion is soft, 2-3 minutes. Add paprika and turmeric, cook for 1 minute, then stir in garlic puree, curry paste, stock, salt and pepper. Bring to a boil then simmer, uncovered, until liquid has been reduced to half, about 10 minutes. In a large frying pan or wok, heat remaining ghee. Stir-fry beef and okra for about 2 minutes to seal the meat. Add chickpeas, spinach and curry sauce and mix well. Cook gently until spinach has wilted and chickpeas are heated through. Stir in garam masala and fenugreek leaves. Divide between four warmed serving dishes and eat with naan bread.

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