Meat Masala

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Cooking Time: 45 minutes   **Serves:** 4
Dish Category: Main Course

All you need is: 500g meat, cut into 1"pieces, ¼ tsp Suhana Turmeric powder, 2 medium/150g onions, sliced, 50g fresh coconut, cut into ¼ inch pieces, ½ tsp poppy seeds, 1tbsp puffed chana dal, 1tbsp/8g Suhana Meat Masala, 1tbsp/7g Suhana Red Chili powder 3tbsp oil, 5cups/1 litre water, Salt to taste, 1 cup fresh coriander leaves, chopped.

How to prepare:

1 A Pressure Cook Method

Pressure-cook meat with 400ml water, turmeric and salt for 5-6 whistles on medium flame or till done.

or

1 B Stove Top Method

Cook meat with 800ml water, turmeric and salt on medium flame with frequent stirring for 35-40 minutes (Time and water quantity may vary depending on the quality of meat) or till the meat is cooked. 2   Heat 1 tbsp oil in a pan, add onions and sauté till   golden brown. 3   Separately roast poppy seeds and puffed chana dal till light golden brown. 4   Make a fine paste of sautéed onions, roasted poppy seeds and puffed chana dal with fresh coconut and ½ cup coriander leaves. 5 Heat 2 tbsp oil in a pan, add the above paste and sauté for 4-5 minutes or till oil oozes out. 6   Add Suhana Meat Masala, red chilli powder, meat, salt and sauté for a minute. 7   Add 200ml water and simmer for 8-10 minutes or till gravy thickens.

Garnish with remaining fresh coriander leaves. Serve piping hot with rice or Indian breads like parathas, naan, etc.

Chef's Tip : You can make other delicious meat dishes with Suhana Meat Masala.