NIHARI WITH RICE

This recipe makes 4 portions.

QUANTITY	INGREDIENT
40g	White onions diced
400g	Diced beef
70g	Peeled diced potatoes
1g	Cornflour to thicken
5ml	Vegetable oil
1	Green chilli peppers (sliced) (remove seeds if you don't want it too hot!
2g	Salt
10g	Ginger (grated)
2g	Garlic powder
2g	Garam masala
1g	Cumin
1g	Coriander (Ground)
1g	Cinnamon (Ground)
3g	Curry powder
1g	Black pepper
250g	Basmati Rice
70g	Peeled, diced sweet potatoes

METHOD

1. Grind the spices and mix with the salt.
2. Heat the oil in a deep pan, add the diced beef, potatoes, sweet potatoes, onions and spices. Cook until the spices toast and the onions soften.
3. Cover with water & simmer until the beef has achieved a core temperature of 85°C and is tender.
4. Whilst the Nihari cooks, cook the rice according to the instructions on packaging.
5. Skim the surface of the liquid to remove any scum as it appears. Thicken slightly with cornflour & serve.
6. Serve with your favourite accompaniments.

