

Beef Short Rib Madras



Serves 4-6 people

Ingredients:

55g ghee, clarified butter or 3 good tblsp vegetable oil
500g onions, peeled, diced
2 tsp or 12g sugar
6 fat cloves garlic, crushed or whizzed
60g or 2 fat inches ginger, grated or whizzed
1 packet of *GREEN SAFFRON Madras Spice Mix (40g)*
1 to 1.2 kg beef short ribs, about 5 in number, bone exposed, trimmed and cleaned really well
1 tin, 400ml tomatoes, chopped
1 tin, 400ml coconut milk
2 tsp, heaped of *GREEN SAFFRON Garam Masala Spice Mix* (optional, but recommended)
A good handful fresh coriander, finely chopped (stalks and all)
Juice of ½ fresh lime

How to make your meal:

1. Turn on your oven to 140°C
2. Melt the ghee in a large casserole dish or heavy bottomed saucepan, then add the onions, sugar and fry on a medium heat until they're a good golden-brown colour
3. Add the garlic, ginger and *GREEN SAFFRON Madras Spice Mix*. Stir around for a couple of minutes to evenly coat all ingredients
4. Turn up the heat, add the short ribs and stir around briefly to again coat
5. Add the tomatoes and coconut milk to the pan then pop into the oven for about 3 hours or until the meat falls easily from the bone.
6. Remove the ribs from the pot and set aside, keeping warm
7. Skim the sauce of excess fat, reduce to desired consistency
8. Turn off the heat, squeeze in the lime juice, throw in the fresh coriander, the *GREEN SAFFRON Garam Masala*, stir around to combine all the flavours
9. Spoon generous amounts of sauce over the ribs to serve

Serving suggestion:

Serve with mounds of Green Saffron's Indian Basmati rice and spiced banana riata.

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For handy hints and compliments contact us on:

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