



The inspiration for this was a 500g pack of Beef mince for £1.24 from our favourite yellow sticker fridge. Tight Yorkshire folk you know!

Ingredients:-

- 500g of Beef Mince
- 1 Onion, finely sliced
- 4 Cloves of Garlic, minced
- 1 Tsp of Ground Coriander
- 1 Tsp of Ground Cumin
- 1 Tsp of Turmeric
- 1 Tsp of Garam Masala
- ¼ Tsp of Cayenne Pepper
- 1 Inch of Ginger, grated
- 1 Red Chilli, finely sliced
- A handful of fresh Coriander, chopped
- 2 Tbsp of Tomato Puree
- 250ml of Beef Stock
- 30g of Cashew Nuts, ground
- 2 Tbsp of Yogurt
- 3 Cloves
- 1 Cinnamon Stick
- ½ Tsp of Cardamom Powder
- Oil to fry

Salt and Pepper

Method:-

- (1) Heat Oil in a pan and fry the Onions & Garlic until softened.
- (2) Add the Coriander, Cumin, Turmeric, Garam Masala, Cayenne, Ginger and Chillies.
- (3) Cook for about 5 minutes.
- (4) Remove about half of the mixture to a bowl.
- (5) Add the Mince to the bowl with half of the fresh Coriander and mix well.
- (6) Season with Salt & Pepper.
- (7) When cooled form into the Kofta balls and set aside.
- (8) Add the Tomato Puree, Stock, Yogurt and Ground Cashew nuts to the pan & stir over a medium heat.
- (9) Add the Cloves, Cardamom Powder and Cinnamon Stick.
- (10) Return the meat balls and reduce the heat to low.
- (11) Simmer for 45 minutes, stirring occasionally until the sauce thickens.
- (12) Serve and garnish with the remaining Coriander leaves and sliced Red Chilli.

This might not be a dish you'd expect in a UK Indian restaurant. But it is a real recipe, not one we've taken a hatchet to! The minor alteration is the ground Cashew Nuts and Yoghurt. They make an excellent replacement for Coconut Milk which neither of us are keen on.