



Curry.. Minced Beef

One pound of minced beef
One large onion (chopped)
Two garlic cloves (chopped) or 3 inches of garlic puree

Heat the meat in a frying pan, stirring until the meat is separated, then add the onions and garlic. Cover and simmer for 15 minutes

Meanwhile, in a large pan put
One pint of water
2 rounded tea spoons of sugar
3 Bovril Cubes
1 Tea spoon of salt
4 tea spoons of mild curry powder
One level tea spoon of Coriander
" " Cumin
Garam Masala
Turmeric

Bring to the boil
Add to the frying pan containing the meat, One well rounded table spoon of Juvela flour mix, stirring to form a roux Add this to the pan containing the liquid, rinsing out with a little water.

Simmer for an hour and a half, then ten minutes before serving add approx. an ounce of sultanas.

Serve with rice allowing 2 ounces per person
Long grain white rice (Boil for ten minutes)
Brown rice (boil for 25 minutes)

Serves at least 4 people. Any remaining can be frozen



This recipe has been brought to you by The Cream Of Tartar Company Limited

Web site :- Thecreamoftartarcompany.com

Thecreamoftartarcompany.co.uk

Email:- Thecreamoftartarcoltd@hotmail.com

Tel:- 07710958581