

The HUNDRED-FOOT JOURNEY

ON BLU-RAY™ & DIGITAL HD

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LE CREUSET FUSION RECIPES

"Kheema: Indian Ground Beef with Peas"

This recipe serves: 1 2 3 4 5 6 7 8 9 10

INGREDIENTS:

- 3 tablespoons canola oil
- 1/2 cup onion, diced fine
- 4 cloves garlic, minced
- 1/2 inch thumb ginger, peeled and minced
- 1 pound ground beef
- 1 teaspoon paprika
- 1/2 teaspoon cayenne (optional)
- 1/2 teaspoon garam masala
- 1/4 teaspoon ground cumin
- 2 teaspoons ground coriander
- 2 medium tomatoes, chopped
- 1/2 cup water
- 1/2 teaspoon kosher salt
- 1/2 cup peas
- 2 tsp. malt vinegar or apple cider vinegar
- 1/4 cup minced cilantro

DIRECTIONS:

1. In the braiser, warm oil over medium-high heat.
2. Add onions and cook until golden.
3. Add garlic and ginger, and saute for another minute.
4. Add beef, breaking up lumps with your spoon, and saute until meat is no longer pink.
5. Add the spices, and cook for 2 minutes.
6. Add the tomatoes, water and salt. Stir well and simmer, partially covered, about 10 minutes.
7. Sprinkle in the peas, and cook another 5 minutes, partially covered.
8. Stir in the vinegar and finish with the cilantro. Serve with warm pita bread.



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