

Meat Curry

For curry to be good, it must take 2 hours at least to make.

Ingredients

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| 1 unit | curry powder |
| 4 units | onions, peeled and sliced |
| 1 tsp | salt |
| ½ lb | beef, mutton, lamb or pork |

Method

Cut beef into one inch squares. All other meat may be cut in the same way in neat pieces.

Heat ghee in a saucepan and fry half the onions til brown. Add curry powder and fry together for 3 or 4 minutes. Add salt and ¼ pint hot water, stir well then add another ¼ pint hot water and let the whole boil fast without stirring for a few minutes, or until it begins to stick on the bottom of the pan. Do not let it burn.

Add ½ pint more hot water, stir and add meat and the rest of the onions. Stir well and simmer till meat is tender and fully cooked. The addition of ¼ pint of cold milk may be added at the same time as the meat is an improvement — the water proportionately reduced.

For beef curry add sprigs of fennel. Curries may be varied by the addition of vegetables.