



Kofta Curry – Ground Beef Meatball Curry

Prep Time: 1.5 hours. Serves:

20 people



Ingredients:

Meatballs

- 1.5 kg ground beef (make sure the excess water is fully drained)
- 3 onions (chopped very fine)
- 3 tablespoons garlic paste
- 1.5 tablespoons ginger paste
- 3 tablespoons garam masala
- 5 tablespoons tomato paste
- 1 cup cilantro, chopped fine
- 2 teaspoons of salt
- 5 tablespoons canola cooking oil

Gravy

- 1.5 tablespoons ginger paste
- 2 tablespoons garlic paste
- 4 onions (chopped very fine)
- 3 teaspoons coriander powder
- 1.5 teaspoons cumin powder
- 1 teaspoons turmeric powder
- 1.5 teaspoons powdered cayenne pepper
- 6 Large Tomatoes (cubed)
- 1.5 teaspoons garam masala
- 5 tablespoons canola cooking oil
- Salt to taste

Procedure:

- 1) Combine the ground beef with chopped onions, garlic paste, ginger paste, garam masala, tomato paste, salt and cilantro in a large bowl and mix well.
- 2) Form the mixture into ping pong sized balls and keep on a platter. It will make around 75 meatballs.

- 3) In a skillet pour some oil and heat it on medium high heat. Fry batches of meatballs until they are golden brown on the outside. They will be cooked through. While the meatballs are frying, start on the gravy in a different (larger) skillet.
- 4) Heat the oil in a large skillet on medium high heat and add the onions. Fry until they are light brown then add the ginger and garlic paste. Fry for a minute.
- 5) Add all the powdered spices (coriander, cumin, cayenne pepper powder, garam masala, and turmeric) and fry for two to three minutes.
- 6) Add the tomatoes and mix well. Fry the mixture until the oil begins to separate from it.
- 7) Add 3 cups of warm water to the mixture and season with salt to taste. Gently add the meatballs and stir them gently into the tomato and spice gravy mixture.
- 8) Cook covered on medium heat until the meatballs are fully soaked through with the gravy (another ten minutes or so). The gravy can be as thick as you like. Add more water as needed. Typically there is enough gravy so that the meatballs are submerged in the gravy.
- 9) Serve with a rice dish or naan bread.