

# RECIPES. BEING PART OF YOUR PERFECT DISH.

Slow Roast Beef with  
Rosanna Onions by  
GBC Nisha Thomas...

Nisha Thomas' slow roast beef recipe is a family favourite featuring a wonderful mixture of Indian spices and a thick Rosanna pink onion gravy sauce. The perfect winter warmer! Vegetarians can replace the beef with boiled eggs for an equally delicious dish

## Ingredients...

500 gm beef, any cut will do, but boneless is preferred

### To marinate

1/4 tsp cumin seeds  
1/4 tsp fennel seeds  
1 inch long cinnamon bark  
2 cloves  
2 cardamom pods  
1 tbsp Kashmiri chilli powder/paprika  
1 1/4 tsp coriander powder  
3/4th tsp freshly ground pepper  
1 1/2 tsp curry powder or any meat masala (optional)  
1/4 tsp turmeric powder  
1 small Rosanna onion, finely chopped  
1 tsp ginger paste  
1 tsp garlic paste  
1 tsp vinegar  
Salt to taste  
3 tbsp vegetable oil  
1/2 tsp mustard seeds  
1 sprig of curry leaves  
2 medium sized Rosanna onions, julienned+ a few spoons for garnish

## Method...

1. Dice the beef into equal cubes for even cooking
2. Grind together in a spice mill the fennel seeds, cumin seeds, cloves, cinnamon, cardamom, and all the other powders together until you get a fine powder. Mix in the finely diced Rosanna onions, garlic and ginger pastes, vinegar and salt
4. Marinate the beef in the mixture and set aside for 30 minutes
5. After this time, place the meat in a heavy bottomed pan adding about a 1/2 cup of water and cover. Cook on a low-medium heat for up to 1 1/2 hours until the meat is completely cooked
6. Check the meat regularly and add add water if necessary, but no more than 1/3 cup at a time to avoid getting a curry like consistency. The meat should be semi-dry and coated in the masala
7. Once the meat is cooked and there is no water left in the pan, take off the heat and set aside (if you wanted to freeze it for later, this is the best point to do so)
8. Heat some oil in a large frying pan and crackle the mustard seeds. Add the Rosanna onions and curry leaves and sauté on a medium heat until the onions change colour slightly (don't allow to brown completely)
9. Add the meat and slow roast on a low-medium heat until the meat becomes dark brown in colour. Stir regularly to prevent the meat from sticking to the pan. If needed add a little oil
10. Serve hot with some rice and poppadums

### You can cook a similar preparation using hard-boiled eggs instead of beef.

1. Peel the boiled eggs and make gashed in the sides or you can slice them in half. Make about 5-6 eggs for a similar quantity
2. Heat some oil in a frying pan and splutter the mustard seeds. Add the onions and curry leaves and sauté the onions until they turn translucent
3. Add the remaining powders, ginger and garlic pastes, vinegar and salt and continue cooking on a medium heat until the raw masala smell disappears
4. Mix in the boiled eggs taking care not to break the yolk if you have halved the eggs
5. Cook for a few more minutes and take off heat.  
This version dish is best served with chapati rather than rice

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Lodge Farm, Boxted Road, Great Horkesley, Colchester, Essex CO6 4AP  
T: +44 (0)1206 273101 F: +44 (0)1206 273102

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Onions®**