



INDIAN

Keema Matar

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	15 min	40 min	Simmer	Ground beef

Ingredients

- 600 g (1½ lb) ground beef
- 3 tbsp vegetable oil or ghee
- 1 tsp cumin seeds
- 1 cinnamon stick
- 3 green cardamom pods
- 2 onions, finely chopped
- 1 tbsp grated fresh ginger
- 4 cloves garlic, minced
- 2 green chillies, slit (optional)
- 2 ripe tomatoes, chopped
- 1½ tsp ground coriander
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 tsp garam masala
- 1 tsp chilli powder, to taste
- 1½ tsp salt
- 150 g (1 cup) frozen peas
- 2 tbsp chopped fresh coriander (cilantro)
- Juice of ½ lemon
- Rotis, naan or rice, to serve

Steps

1. Heat the oil in a wide pot over medium heat. Add the cumin seeds, cinnamon and cardamom and stir for 30 seconds until they sizzle and smell toasty.
2. Add the onions and cook for 10 minutes, stirring often, until deep golden brown at the edges.
3. Stir in the ginger, garlic and chillies for 1 minute.
4. Add the tomatoes with the coriander, cumin, turmeric, chilli powder and salt. Cook for 5 minutes, mashing the tomatoes, until the oil separates at the edges of the paste.
5. Raise the heat to medium-high, add the beef and break it up well. Cook for 8 minutes, stirring, until the meat is no longer pink (ground beef is safe at 71°C / 160°F) and any liquid has cooked off.
6. Add 200 ml (¾ cup) water, cover, and simmer on low for 15 minutes until the beef is tender and the sauce is thick.
7. Stir in the peas and cook uncovered for 4 minutes until bright green and hot.
8. Finish with garam masala, lemon juice and fresh coriander. Serve with bread or rice.

Notes

- **Make ahead:** keeps 4 days in the fridge and freezes well; add the peas fresh when reheating.
- **Traditional meat:** keema is often made with ground lamb or mutton; use either in place of the beef.
- **Heat:** leave out the chillies and chilli powder for a mild version.
- **Serving:** a spoonful of plain yogurt and sliced raw onion cool it nicely.
- **Twist:** for a keema-saag, non-traditional version, stir in a few handfuls of baby spinach with the peas.