

Beef Kofta (meatball) curry

Koftas

- 500g beef mince
-
- 2 tsp. coriander powder
-
- 1 tsp cumin powder
-
- 1 tsp. paprika
-
- 1 tsp. garam masala
-
- 1/2 tsp. chilli powder
-
- 1 egg
-
- 1 tbsp. rice flour/gram flour
-
- salt & pepper

Curry

- 1 onion
-
- 2 large cloves of garlic, peeled
-
- 40g fresh ginger, no need to peel, can remove any thicker parts, cut into chunks
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- 2 red chillies, left whole, stem removed
-
- 1 tsp. black mustard seeds
-
- 8 cloves
-
- 1 tbsp. fennel seeds
-
- 2 tbsp. coriander powder
-
- 1 tbsp. cumin powder
-
- 1 tsp. turmeric powder
-
- 1/2 tsp. chilli powder
-
- 1 tsp. tamarind paste
-
- 1 tbsp. tomato puree
-
- 1 tin chopped tomatoes
-
- 1 tbsp. honey
-
- 30g fresh coriander
-
- optional mango chutney - 1 tbsp.
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- Salt/Pepper

Method:

- Make the kofta's by mixing all of the ingredients together, so it is well combined. Season well with salt and pepper and then make even balls. I made mine using an ice cream scoop. Place in the fridge overnight.
- Heat the oil, in batches brown the koftas, remove with a slotted spoon and set aside.
- Using the same pan, cut half the onion into chunks and add to this pan, cook for a few minutes then add the whole garlic, ginger and chillies. Once the onion is softened add the mustard seeds. Let these pop a little then add the cloves, fennel, coriander, cumin, turmeric and chilli powder. Mix well.
- Place all of this into a blender or smoothie maker and make a paste.
- If you like onions in the curry slice the other half up and fry in the same pan until soft, then scrape the paste into this pan and cook for 2 minutes. Add a little water to the blender and shake to get all of the remains of paste out. Add this to the pan.
- Add the tamarind, puree, tin tomatoes and honey. Season with salt and pepper.
- Add the koftas back to the pan. Stir carefully so they do not break up. Make sure the liquid covers the koftas, if not add a little water.
- Place into the oven, covered for 20 minutes.
- After 20 minutes uncover the pan and cook for a further 15 minutes.
- By this time the sauce will have reduced a little and the koftas browned.
- Carefully remove from the oven and place back onto the hob, stir in half of the coriander and the mango chutney if using. Taste for seasoning.
- Serve with the rest of the coriander sprinkled on top.