BEEF KEEMA PARATHA

(MINCED BEEF STUFFED FLATBREAD )

Treasa Paul

**INGREDIENTS**

Minced Beef - ½ pound (Approx.)

Potatoes – 3 No’s (Boiled, peeled and mashed)

Garlic finely chopped – ½ tsp

Pepper powder or Paprika – 1 tsp

Turmeric – ¼ tsp

Lemmon juice – 1 tbsp

Cilantro – few springs finely chopped

Cumin powder – ½ tsp

Salt to taste

Butter – 2 tbsp

For Flat Bread –

Wheat flour – 3 cups

Water – 1 cup (Approx.)

Salt – to taste

Butter – 2 tbsp

**METHOD**

* Mix minced beef with Salt, turmeric powder and lemon juice. Marinate for half an hour.
* Make dough with wheat flour, salt and water. Spread some oil/melted butter on top and cover with a paper towel.
* Sauté chopped garlic in heated butter, add cooked minced beef to it (strain away any water) add paprika, cumin powder, salt (if needed) and chopped cilantro. Mix well and switch off the heat.
* When beef cools down a bit add the mashed potatoes to it and mix, make few small lemon sized balls with the cooked beef-potato mixture. Keep aside.
* Make big lemon sized balls with the wheat flour dough, flatten it a bit with a roller and place one meat ball into the middle of the flattened dough. Cover all sides with the dough and shape to a smooth ball. Using a roller, flatten it slightly to a wider round or square shape. May dust wheat flour to help flatten the dough.
* Cook the shaped flat bread dough in an iron flat pan, spread butter on both sides while its cooking.
* Serve hot with Raitha (Yogurt sauce)