

David's Ground Veal or Lamb

4 Tbsps coconut oil (or other vegetable oil)
1 medium onion finely chopped
2 Tbsps of minced garlic or garlic paste
1 to 1.5 lbs ground veal (or ground sirloin) or lamb
2 Tbsps ginger paste (or grated ginger)
1 or 2 green chili peppers minced (degree of heat to taste)
1 Tsp of ground coriander
1 Tsp of ground cumin
1/8 to 1/4 Tsp of red pepper (or to taste)
1 Tsp of salt
1 Tsp of garam masala
1 Tbsp of chopped mint (optional), especially with lamb
1 cup of vegetable broth
4-6 heaping Tbsps of chopped fresh cilantro
1.5 Tbsps lemon juice
1 bag of frozen green peas (substitute 2 cups of cooked chana dal or lentils with a package of cooked chopped spinach as an alternative to the green peas)

Heat oil over medium heat and add onions. Sauté onions until lightly browned. Add garlic and cook for another minute. Add ginger, green chili peppers, ground coriander, ground cumin, and red pepper. Mix ingredients and then add meat. Cook meat for about 5 minutes breaking up lumps as it cooks. Add 1/4 cup of vegetable broth, reduce heat, cover and simmer until meat is well done. Add the peas, chopped cilantro salt, garam masala, lemon juice and the remaining vegetable broth. Mix and bring to a simmer. Reduce heat and cover. Cook for about 10 minutes or until peas are tender (peas may be pre-cooked, if desired to cut down on preparation time). Serve over moong flour pancakes (see recipe on this site).

A chutney/yogurt sauce can be added on top of a serving. Use plain yogurt (about 1/4 cup per serving) and blend into it a coriander or mint chutney. The former is best with beef and the latter with lamb. The amount of chutney blended into the yogurt should be to taste.