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## Recipe

### Beef Zeera Dopiazza – Beef Cumin Curry

Active time: 1 hour

Total time: 2 ¼ hours (depends on cut of meat)

- 1 kg beef (sirloin or stewing); I use bone-in; 2"/5.5 cm pieces
  - ½ cup (**or more, see 3. below**) cooking oil or equal mix of mustard oil and ghee
  - 1 cup finely sliced onions
  - 1 ½ cup ground onion
  - ½ cup plain yoghurt unstirred
  - 1 tsp heaped whole cumin
  - 2 whole dried chilies (optional)
  - ½ level tsp ground turmeric
  - 2 tbsp garlic paste
  - 2 tbs ginger paste
  - 2 level tsp chili powder (or paprika for less heat)
  - 2 tsp salt (or to taste)
  - 2 tsp heaped ground cumin
  - 2 cups boiling water or as needed
1. In a small bowl, stir/whip yoghurt with ½ cup water, set aside.
  2. Add 2 tsp water to chili powder or paprika to make a paste, set aside.
  3. If you're using regular oil, go to the next step. If you're using two kinds of oil: season mustard oil in the pot by heating and cooling, several times, until it turns lighter in colour, then add ghee. Please note: I've suggested ½ cup oil, but for a traditional finish, suggest ¾ cup.
  4. Heat oil in your pot for about a minute, don't let it sizzle.
  5. Add whole cumin and whole dried red chilies, gently moving the pot from side to side, for about 2-3 minutes, until they release their flavours. Turn heat to low.
  6. Add sliced onions. Turn up heat to medium and keep turning. Fry onions well, until they turn a warm brown and are nearly crispy. This is the tricky part: to get the onions nicely brown to give both colour and flavour, without burning them.

7. Add ground onion, turmeric, garlic, and ginger paste. Keep stirring, and drizzle stirred yoghurt into the mix, letting the turmeric become less pungent, for about 15 minutes. Add 2 tbsp of boiling water a few times, as the sauce cooks. Your sauce looks very dull right now, but don't worry! You need to oxidize the spices, onions, yoghurt – [bhoono](#) or brown them into a flavourful base.
8. Add beef, stir well into the sauce, keep turning, on medium heat for 15 – 20 minutes. The beef should shrink and go darker. Brown it well! Don't worry if it sticks a little to the bottom of your pot. Your next step will resolve that issue, but do not under-brown the meat. This is an important step!
9. Turn the heat to low, add chilly paste, cumin powder, and turn well, then add about 1 cup boiling water, or enough to just cover the beef. If your meat is a sirloin steak cut, it's going to tenderize quickly, so add less water.
10. Cover and simmer on low heat, if possible on a tawa or griddle, until the meat is tender and the sauce is thick.
11. Add salt now – yes, at the very end as in my experience, without salt beef tenderizes faster!

**Tip: Cook this dish a day before, simmer 30 minutes, cool and store in refrigerator.**

**Simmer for 1- 1¼ hours the next day. Trust me, it will be delicious!**