



bit spicy

# Tandoori Sak with beef

Tandoori Sak is basically a curry using Tandoori spices, and can be cooked with beef or lamb. It combines all the ingredients you would use to bake meat in a tandoor (clay oven) but in a sauce. Our spice blend contains smoked paprika which gives this dish a warm, rich flavour. **serves 4-6**

- 1 carton [tandoori spice blend](#) (or 2 generous tbsp any tandoori spice mixture)
  - juice of a lemon
  - 2 tbsp oil
  - 1 large onion, sliced
  - several chillies, sliced lenthways (optional)
  - 800g diced beef
  - 300ml '[secret sauce](#)'
  - 1 can whole tomatoes
  - 3 fresh tomatoes, each cut into about 6 pieces
  - 150ml thick yoghurt
  - fresh coriander and lemon juice to serve
1. Take 1 tbsp oil and combine with the spices and lemon juice. Cover the meat well, and leave to marinate for a few hours or overnight.
  2. Heat the remaining oil in a large pan and fry the onion over a high heat until well browned. Add the chillies if using and fry for about 5 minutes. This adds flavour to the final dish.
  3. Add the beef to the pan and fry until browned.
  4. Add the 'secret sauce' and tinned tomatoes, bring to the boil and then simmer for 2-3 hours or until tender.
  5. Half an hour or so before the end, add the fresh tomatoes and the yoghurt. Test for seasoning and add salt to taste.
  6. Serve with rice, scattered with fresh coriander and maybe an extra squeeze of lemon.

## Cook's notes

- This is equally delicious with lamb - follow the recipe above but reduce the cooking time.
- If you don't have any 'secret sauce' made up, take a thumb-sized piece of ginger, 5 cloves of garlic and a medium onion and blitz until smooth. Add to the pan with the tinned tomatoes and 200ml water.