

Keema

This recipe comes from Faqir Khanna, Mel Oakes' roommate at FSU. When Khanna left India for the States, he came by boat. He was asked in the dining room if he ate meat or drank alcohol. He had never tried either, so he decided to do so. Keema would not be eaten by observant Hindus!

1 to 2 pounds of lean ground beef
1 onion chopped
1/8 t. turmeric—or more
1/4 t. ginger—or more
1/2 t. curry powder—or more
1 1/2 t. salt
1/2 t. cumin—or more
several dashes of cayenne—to taste
1 8 ounce can of tomato sauce
1 package of frozen peas

Brown the onions in oil. Add the spices to the onions and stir for a minute or so. Add the ground beef and brown, breaking up the pieces. Add the tomato sauce and the peas—I use a box or peas or most of a bag. Adjust the seasonings until it tastes the way you want it to! Simmer covered until the peas are cooked. Serve with rice and Major Grey's chutney.