

View from the Fridge – Recipes from Brian Donkin

Recipe # 81 – Beef with Aubergine and Chilli

Preparation time: 20 mins – Cooking time: 1 hour 10 mins

Ingredients:

500 gms of diced beef
1 medium sized aubergine sliced
2 cloves garlic crushed to a paste
2 jalapeno deseeded and finely chopped
2 tblspn of tomato puree
½ ltr of meat stock (see meat sauces on www.leithlinks.co.uk)
1 wine glass olive oil
Salt and pepper

Method

1. In pot put half of the olive oil with aubergine, garlic and chilli and cook until soft
2. In frying pan put remainder of olive oil and fry beef until brown
3. Take out of the frying pan and place in pot with aubergine etc.
4. Add remaining ingredients
5. Bring to boil, cover with lid and simmer for one hour stirring occasionally
6. Serve with pilaw rice (see side dishes on www.leithlinks.co.uk)

Serves 3

