

Fried Beef (Ame Pyot Kyaw)

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Serves: 4

Preparation Time: 5 minutes

Cooking Time: 40 to 45 minutes

Ingredients:

2 pounds *Beef* (I used Beef Stew Meat) – cut into 2 x 1 inch pieces

2 tablespoons *Ginger* – grated or finely chopped

2 tablespoons *Garlic* – crushed or finely chopped

4 tablespoons White Vinegar

3/4 teaspoon Turmeric Powder

Salt to taste

Oil for frying



Directions:

1. In a pressure cooker pot, combine beef with ginger, garlic, vinegar, turmeric powder, salt and 1/4 cup of water.
2. Pressure cook over low heat for 3 whistles or 3 to 4 minutes after cooker starts steaming, turn off heat and keep aside.
3. Once pressure is released, open the pot and if there is any water left, cook over high heat until all water has been evaporated.
4. Deep fry the beef over medium heat until desired crispiness.
5. Serve hot or at room temperature.

Note: If cooking without pressure cooker, fill enough water to barely cover the beef and cook covered over low heat until beef is tender for about 1 hour. Once tender, open lid and cook over high heat to let water evaporate.