GALAYET BANDORA

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ingredients Tomato Stew:

- 7 tbsp olive oil
- 8 large cloves garlic, thinly sliced
- 1 Serrano pepper, thinly sliced
- 1 cayenne pepper, thinly sliced
- 1 Serrano pepper, whole
- 11 large tomatoes (900 g), quartered
- 3 cloves garlic, crushed

- 1¹/₄ tsp salt
- ½ tsp ground black pepper
- Olive oil, for drizzling

Beef Tenderloin:

- 3 tbsp olive oil
- 300 g beef or lamb tenderloin, cut into thin strips
- ¾ tsp salt
- ½ tsp ground black pepper
- ½ tsp ground cardamom

instructions

- 1. In a large skillet over medium-high heat, heat the oil until it shimmers. Add the garlic, sliced Serrano and cayenne pepper, and the whole Serrano and cook, stirring constantly, for 3 minutes, until fragrant.
- 2. Increase the heat to high, and then add the tomatoes. Cook, stirring frequently, until the tomatoes start to break down, 10 minutes. Reduce the heat to medium-low, add the crushed garlic, and simmer until the liquid has reduced and the stew has thickened, about 25 minutes. Season with salt and black pepper and mix well.
- 3. Skip this step if you want a vegetarian dish: Meanwhile, in a skillet over medium heat, heat the oil until it shimmers. Add the beef (if using), season with salt, pepper and cardamom, and brown on all sides, 4 to 5 minutes per side. Set aside.
- 4. Pour the cooked tomatoes into a serving bowl. Top with the cooked beef (if using). You can also cook the meat with the stew for 10 minutes to meld the flavours.
- 5. Serve warm or at room temperature with warm pita or shrak bread.

