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

- 1¼ 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.