	Metric/U.K.	U.S.
MEATBALLS		
Minced (ground) beef	700g/1½lb	1½lb
Chick-pea flour	3 Tbs	3 Tbs
Fresh root ginger, peeled and chopped	1cm/½in piece	½in piece
Garlic cloves, crushed	2	2
Hot chilli powder	½ tsp	½ tsp
Salt	1 tsp	1 tsp
Egg	1	1
Turmeric	½ tsp	½ tsp
Juice and finely grated rind of ½ lemon		
Onion, finely chopped	1	1
Vegetable oil	50ml/2floz	¼ cup
SAUCE		
Vegetable oil	2 Tbs	2 Tbs
Onions, finely chopped	2	2
Fresh root ginger, peeled and chopped	1cm/½in piece	½in piece
Garlic cloves, crushed	2	2
Green chillis, chopped	2	2
Turmeric	1 tsp	1 tsp
Ground coriander	1 Tbs	1 Tbs
Ground cumin	1 tsp	1 tsp
Paprika	2 tsp	2 tsp
Creamed coconut	2½cm/1in slice	1in slice
Boiling water	450ml/15floz	2 cups
Curry leaves (optional)	3	3
Salt	1 tsp	1 tsp

First, make the meatballs. Put all the ingredients, except the oil, in a bowl and, using your

hands, knead well to blend. Shape the mixture into about 24 small balls.

Heat the oil in a large frying-pan. Add the meatballs and fry until they are golden brown all over. (Don't crowd the pan; if necessary fry the balls in two or three batches.) Transfer the meatballs to a plate as they brown.

To make the sauce, heat the oil in a large saucepan. Add the onions and fry until they are golden brown. Stir in the ginger, garlic and chillis, and fry for 3 minutes. Stir in the turmeric, coriander, cumin and paprika and fry for 5 minutes. Add a spoonful or two of water if the mixture becomes too dry.

Meanwhile, dissolve the creamed coconut in the water, then stir into the saucepan with the curry leaves, if you are using them, and salt. Bring to the boil and reduce the heat to low. Cover and simmer the sauce for 15 minutes.

Add the meatballs to the pan, turning them over gently in the sauce to coat them well. Bring to the boil again. Reduce the heat to low, re-cover the pan and simmer for a further 20 minutes.

Remove from the heat and transfer the mixture to a warmed serving dish. Serve at once.

4 Servings