

# Giuliana's Mom's Kheema Recipe

- 3/4 cup finely chopped onion
- 1 tablespoon finely chopped ginger, or 1 teaspoon powdered ginger
- 1 teaspoon minced garlic
- 1 teaspoon light olive oil
- 1 tablespoon [curry powder](#) <sup>[1]</sup>
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1/3 teaspoon ground coriander seeds
- 1/4 teaspoon ground cumin
- 1 pound ground meat -- lamb, beef, turkey, chicken (not so good when made with people)
- 1 cup fresh or canned tomatoes, diced
- 1 tablespoon lemon or lime juice
- 1 teaspoon white sugar
- 1 teaspoon chicken bullion or salt
- 1 teaspoon fresh ground black pepper
- Tabasco sauce or crushed red pepper to taste
- 1 cup peas, fresh or frozen
- for salad: yogurt and cucumbers, carrots or fresh mint; or just use some [tzatziki sauce](#) <sup>[2]</sup>

Combine onions, ginger, garlic and olive oil. Blend into a paste. Heat over medium heat in a large coverable pan. Go ahead, add more garlic or ginger!

Once the onion paste has begun to cook but before it is caramelized, add the curry powder, cinnamon, turmeric, coriander seeds and cumin. Go ahead, add more!

Throw in the ground meat. And brown the whole mass of lovely smelling stuff!

Once that meat is no longer raw, add in the tomatoes, lemon or lime juice and sugar. Go ahead, add more tomatoes or lemon / lime juice!

Add salt and/or chicken bullion, black pepper, and Tabasco sauce or crushed red pepper. Taste it, and make sure it is yummy. Go ahead, add more spices!

Cook, covered, for about half an hour. In the last 5 to 10 minutes, add the peas. You like peas? Go ahead, add more!

Serve with [rice](#) <sup>[3]</sup>, and/or salad made from yogurt and cucumbers, yogurt and carrots, or yogurt and fresh mint. Or just use some [tzatziki sauce](#) <sup>[2]</sup>.

Serves: 4

Preparation time: 50 minutes

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