

Spiced Soy-Ginger Braised Meat

This savory dish features meat marinated in a zesty soy sauce mixture, then braised to tender perfection with aromatic spices in a creamy sauce. Perfect for a cozy meal.


80 min

Total time

medium

Difficulty

550

kcal / serving

Ingredients

- 200g meat (chicken, beef, or lamb)
- 2 tbsp soy sauce
- 1 tbsp vinegar
- 1 tsp red pepper flakes
- 2 cloves garlic, minced
- 1 tsp ginger, grated
- Pinch of salt
- 1 tbsp oil or ghee
- 1 stick cinnamon
- 2-3 green cardamom pods
- 5-6 black peppercorns
- 2-3 cloves
- 1 cup milk
- 1 tsp cornstarch or flour
- 1 tbsp ghee or butter (for finishing)

Steps

- 1 In a bowl, combine the soy sauce, vinegar, red pepper flakes, garlic, ginger, and salt. Add the meat and marinate in the fridge for at least 2 hours.
- 2 Heat a pan over high heat, add the marinated meat, and brown on all sides. Transfer the meat to a pressure cooker and cook for 20-30 minutes (or until 6 whistles) until tender.
- 3 In a separate pot, heat the oil or ghee over medium heat. Add the cinnamon, cardamom, black pepper, and cloves, frying until fragrant.
- 4 Pour in the milk while stirring constantly, and simmer gently until it thickens. If needed, add cornstarch or flour to stabilize the texture.

5

Add the cooked meat along with its juices to the milk, and simmer gently on low heat for an additional 15–20 minutes to meld the flavors.

6

Finish the dish with a tablespoon of ghee or butter just before serving.