



SPICY INDIAN BEEF CURRY

We like this rich, fragrant curry on the spicy side. This recipe calls for curry leaves, which may be difficult to find, but we recommend looking for them at a local Indian or Asian market.

If that is not an option, you can order dried leaves [on-line](#). You just need to add a few more to the dish.

Want to reduce the heat? Just use half of the cayenne and chilies.

INGREDIENTS

2tbsp Peanut Oil
1 medium Onion, sliced thin
12 fresh Curry Leaves
6 Garlic Cloves, minced
1 ½ tbsp fresh Ginger, grated
1 tbsp Tomato Paste, dissolved in ½ cup of water
2 tsp Coriander, ground
1 tsp Gram Masala
2 tsp Cayenne Pepper
½ tsp ground Turmeric
4-6 small dried Chilies
4 Star Anise Pods
2 each 3-inch Cinnamon Sticks
2 lbs. Beef Chuck Stew Meat, cubed
Kosher Salt

PREPARATION

- Place a 4 to 6-quart shallow pot over medium heat, add the oil, and heat until fragrant. Add the onion and curry leaves and cook until lightly browned, about 7 minutes.

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- Add the garlic and ginger, stir to combine, and cook for one minute. Stir in the dissolved tomato pates, coriander, gram masala, cayenne, turmeric, chilies, star anise, and cinnamon.
- Add the beef and season with salt and stir to evenly coat the meat with the spices.
- Cover the pot and simmer over low heat for about 45 min, stirring occasionally. Remove the star anise pods and cinnamon sticks. Cover and continue to cook until the meat is tender, about 45 additional minutes.
- Taste and adjust seasoning, if necessary.
- Serve over Basmati Rice.

A recipe adapted from Food & Wine Magazine.