

MADRAS BEEF CURRY

Although Madras is renowned for the best vegetarian food in the country, meat-based recipes such as this one are also extremely popular. This particular recipe is a contribution by the area's small Muslim community.

SERVES 4-6

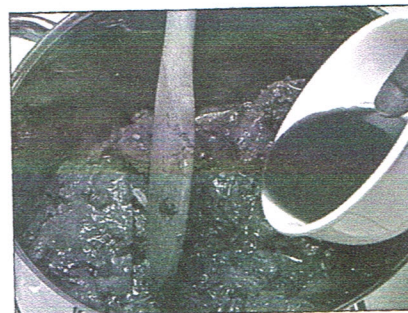
- 60ml/4 tbsp vegetable oil
- 1 large onion, finely sliced
- 3-4 cloves
- 4 green cardamoms
- 2 whole star anise
- 4 fresh green chillies, chopped
- 2 fresh or dried red chillies, chopped
- 45ml/3 tbsp Madras masala paste
- 5ml/1 tsp ground turmeric
- 450g/1lb lean beef, cubed
- 60ml/4 tbsp tamarind juice
- granulated sugar, to taste
- salt
- a few fresh coriander (cilantro) leaves, chopped, to garnish

1 Heat the vegetable oil in a wok, karahi or large pan over a medium heat and fry the onion slices for 8-9 minutes until they turn golden brown. Lower the heat, add all the spice ingredients, and fry for a further 2-3 minutes.

2 Add the beef and mix well. Cover and cook on low heat until the beef is tender. Cook uncovered on a higher heat for the last few minutes to reduce any excess liquid.

COOK'S TIP

To tenderize the meat, add 60ml/4 tbsp white wine vinegar in step 2, along with the meat, and omit the tamarind juice.



3 Fold in the tamarind juice, sugar and salt. Reheat the dish and garnish with the chopped coriander leaves. Tricolour Pulao and Tomato and Onion Salad would both make excellent accompaniments to this dish.

