

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Tamarind Beef

Inspired by recipe in "660 Curries" by Raghavan Iyer

The Moppalah Muslims in Kerala settled there over 13 centuries ago. They converted to Islam afterwards; they also developed a fondness for curry...

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| <i>1 large, firm, unripe mango</i> | <i>1 cup thinly sliced shallots</i> |
| <i>2 Tbsp ginger paste</i> | <i>4 dried red cayenne chiles, destemmed</i> |
| <i>1 Tbsp garlic chile paste (Sambal Oelek)</i> | <i>2 Tbsp coriander seed, ground</i> |
| <i>½ tsp turmeric powder</i> | <i>1½ tsp kosher salt</i> |
| <i>1 lb stew meat, or cubed round steak</i> | <i>1 tsp tamarind paste</i> |
| <i>2 Tbsp canola oil</i> | <i>½ cup unsweetened coconut milk</i> |
| <i>1 tsp yellow mustard seed</i> | <i>12-15 curry leaves</i> |
| | <i>2 Tbsp minced cilantro</i> |

Peel the mango and cut the flesh into small cubes/pieces; refrigerate. Combine ginger, garlic chile paste and turmeric in a medium bowl. Add beef and toss to coat; refrigerate 30 minutes to overnight.

Heat oil in a large skillet over medium-high heat. Add mustard seed, cover and cook until seeds stop popping, about 30 seconds. Add shallots and chiles and stir-fry until shallots are light brown on their edges, about 4 minutes.

Add beef, coriander and salt; cook, with stirring, until meat releases its liquid and starts to sear and turn light brown, about 10 minutes. Whisk tamarind paste into coconut milk in a small bowl, then add to beef. Scrape up any browned bits as pan deglazes. Stir in mango and curry leaves. Reduce heat to low, cover and simmer, until beef is fork-tender, about 12-15 minutes. Sprinkle with cilantro and serve.

Yield: About four servings

Preparation time: 30 minutes

Cooking time: 30-35 minutes

