



Curried Beef with Rice

<https://classicbakes.com/recipes/curried-beef-rice>

- **Prep Time:** 15 mins
- **Cook Time:** 30 mins
- **Total Time:** 45 mins
- **Serves:** 6-8 persons



Ingredients

Steamed Rice

- 400 grams [Rice](#)
- 1 Tablespoon [Ghee](#)
- ¼ Teaspoon [Salt](#)
- 800 ml Water

Beef Seasoning

- 1 kg [Beef](#) - cut into bite sized pieces
- 1 tablespoon [Salt](#)
- 2 tablespoons [Curry Powder](#)
- 1 tablespoon [Cumin Powder](#)
- 1 tablespoon [Amchar](#) or [Garam](#) (hot) Masala
- 125 ml [Green Seasoning](#)

Beef Cooking

- 3 tablespoons of [Coconut Oil](#)
- 1 ounce [Garlic](#) - whole
- ½ teaspoon [Cumin Seeds](#)
- 2 tablespoons [Curry Powder](#)
- 1 tablespoon [Amchar](#) or [Garam](#) (hot) Masala
- 1 tablespoon [Cumin Powder](#)
- 500 ml Water
- [Salt](#) & [Black Pepper](#) to taste

Optional Ingredient

- 1-2 [Scotch Bonnet Peppers](#)

Instructions

Curry Beef

1. Using the seasoning ingredients, rub and coat the beef and let marinate for a minimum of one hour or overnight more depth of flavor.
2. Remove the seeds and mince pepper before adding it to the seasoning mix for those who like hot and spicy curry. However, the other option is to poach the whole pepper in the gravy as the beef cooks in step 8.

3. Add the coconut oil to a [large heavy bottom pot](#), and place on a high heat.
4. When the oil is hot, add the whole garlic cloves and cumin seeds, cook until burnt, and remove from the oil and discard.
5. Stir the curry, masala, and cumin powders into a cup with a bit of water, add it to the oil, mix to make a paste, and cook for 3-5 minutes.
6. Once the paste has formed, carefully add the seasoned beef into the pot, stir and let cook on high heat for 5 minutes.
7. Mix in the water, then reduce the heat to medium and let it cook for 15 min uncovered.
8. Optional Ingredient - place the whole pepper into the pot and leave it to poach in the liquid while the beef cooks. Be careful not to disturb the pepper. The dish will be significantly HOT if it pops open in the gravy. Remove by scooping out the pepper with a [slotted spoon](#) and discarding or eating as a condiment.
9. After 15 minutes, using a [spatula](#) stir the pot and make sure nothing has burnt to the bottom of the pot. Check the consistency of the gravy and add more water if necessary, then cover and continue to cook for another 15-20 minutes or until the meat is soft, tender, and cooked throughout.
10. Season with salt and black pepper to taste.
11. When the beef is cooked throughout and the gravy is a consistency to your liking, turn off the heat, cover, and let rest for about 10 minutes.
12. Serve warm ladled over freshly steamed [rice](#).

Steamed Rice

1. Wash and Rinse the rice, then place into a [saucepan](#), mix in the water, salt and ghee.
2. Bring the pan to a boil, turn the heat down to low, cover the rice, cook for 10-20 minutes, or check the package instructions.
3. Once the rice has absorbed all the water, turn off the heat and keep covered for 10 minutes to steam.
4. Serve warm with a [ladle](#) full of curried beef and gravy.

Full recipe: <https://classicbakes.com/recipes/curried-beef-rice>