

Mogul Beef Curry

Category: Indian

Servings: 6

Rating: 10

Source: Bon Appetit, April 1988

Description:

Ingredients:

vegetable oil	1/2 cup
stewing beef	2 pound, 2" cubes (or optionally use lamb)
soup bones	1-1/2 pound, 2" pieces
cinnamon stick	3", broken into pieces
cloves	10 whole
cardamom pods	8 whole
bay leaf	2
onion	1 pound coarsely chopped
coriander, ground	2 tablespoon
paprika	2 tablespoon
ground cumin	1 tablespoon
salt	2 teaspoon
turmeric	1/2 tablespoon
garlic	6 large minced cloves
serrano chili	6 minced
ginger	2" long piece fresh
tomato	3/4 pound cored, pureed
curry leaves	five or so
water	1-1/2 cup
ground cumin	1 teaspoon roasted
cilantro	1/2 cup minced

Instructions:

Heat 1/4 cup of oil in a heavy large Dutch oven over high heat. Add the beef and brown it on all sides. Transfer to a bowl and then brown the bones on all sides. Add bones to beef.

Add the remaining 1/4 cup of oil to pan and heat one minute over high heat. Reduce the heat to medium and add the next four ingredients. Stir until the spices sizzle, about 2 minutes. Add the

onions and cook until brown, stirring frequently, about 15 minutes. Add the coriander, paprika, 1 tablespoon of cumin, salt, and turmeric and stir 30 seconds. Add garlic, chilies, and ginger and stir for two minutes. Add tomato puree and curry leaves and cook for five minutes, stirring frequently. Add beef, bones, and 1-1/2 cups of water and bring to a boil, stirring frequently. Reduce heat to low, cover, and cook until beef is tender, stirring occasionally, about 1 hour and 45 minutes. Uncover curry, discard bones, and reduce heat to low. Cook until liquid is reduced to a glaze, stirring frequently, about 15 minutes. Mix in the roasted ground cumin.

Transfer to a serving bowl, sprinkle with cilantro, and serve with rice.