



Beef Curry (Oamc)

 Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 kg beef (I use gravy or shin beef)
- 1 cup beef stock (use beef granules + water)
- 400 g canned tomatoes diced canned (14 ounces)
- 2 carrots peeled cut in chunks 1 cup)
- 1 teaspoon ground pepper
- 1 teaspoon chili powder
- 2 tablespoons curry powder (I use Clive of India)
- 0.5 cup flour

- 1 tablespoon herbs: rosemary mixed fresh (extra, chop just before using)
- 1 tablespoon herbs: rosemary mixed fresh (I use oregano, thyme and rosemary)
- 2 garlic clove minced crushed (or)
- 1 teaspoon ginger
- 2 teaspoons ground mustard
- 8 tablespoons cooking oil (for cooking)
- 1 onion peeled quartered
- 1 potatoes diced peeled cut into large pieces 1 1/2 cups)
- 1 potatoes diced peeled cut into small pieces 1 1/4 cups)
- 12 servings salt and pepper
- 0.5 kg skirt steak
- 1 teaspoon sugar
- 1 teaspoon sugar
- 1 large sweet potatoes and into diced peeled (and into large pieces 2 cups)
- 0.1 cup worcestershire sauce

Equipment

- bowl
- oven
- pot
- casserole dish
- slotted spoon

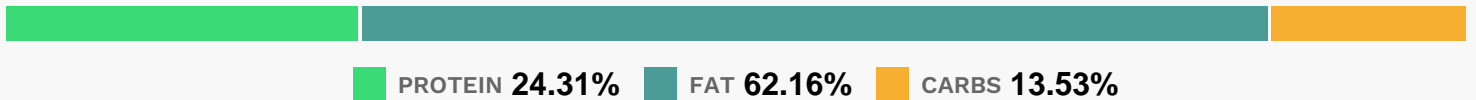
Directions

- Preheat oven to 150 degree C (300 degree F).Peel and dice vegetables.
- Mix curry powder, mustard powder and sugar together.Trim and dice meats into large bit size pieces.Coat meat with seasoned flour (best way I found is to put flour in a large bowl and in batches put the meat in to be coated, shake of excess and cook that batch continue to all meat used).In a heavy duty pot (suitable for oven) put in oil (enough to cover bottom of pot) and over medium/high heat cook meat in batches to seal, set to one side, keep warm covered

with alfoil or use a casserole dish with lid.Wipe pot clean (to get rid of burnt flour).

- Heat 2 tablepoons oil over medium high heat, cook potatoes and sweet potatoe for 10 minutes. Turn heat down to low.
- Remove potatoes with slotted spoon onto a plate and put to one side.
- Add more oil if required and turn heat up to medium/high and add onion and saute till soft. Turn heat to low.
- Remove with slotted spoon and add to potatoes.Over medium heat add curry powder, mustard powder and sugar mixture and the garlic cook till fragrant (about 1/2 to 1 minute).
- Add vegetables to curry mixture and cook for 2 to 3 minutes of medium/high heat.Now add the meat and mix well with the vegetables.
- Add carrot, beef stock, tomatoes, lancanshire (or worcestershire),fresh herbs, cayenne pepper, chilli powder and ginger powder.
- Mix well together.If meat and vegetables are not covered in liquid, top up with water and stir.Put lid on pot and put into oven for 3 - 4 hours, till meat is tender, stirring occassionally.Just before serving add extra tablespoon of fresh herbs (chop just before using).
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:58.21, Glycemic Load:11.97, Inflammation Score:-10, Nutrition Score:31.008695586868%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 673.19kcal (33.66%), Fat: 46.32g (71.26%), Saturated Fat: 14.72g (91.98%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 19.32g (7.03%), Sugar: 4.97g (5.52%), Cholesterol: 144.58mg (48.19%), Sodium: 482.83mg (20.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.53%), Vitamin A: 5981.19IU (119.62%),

Vitamin B12: 4.45µg (74.24%), Zinc: 10.13mg (67.53%), Vitamin B3: 11.06mg (55.3%), Selenium: 37.71µg (53.87%), Vitamin B6: 1mg (49.97%), Phosphorus: 399.93mg (39.99%), Iron: 5.77mg (32.05%), Potassium: 1056.62mg (30.19%), Vitamin B2: 0.49mg (28.83%), Vitamin K: 26.94µg (25.66%), Vitamin E: 3.28mg (21.9%), Manganese: 0.37mg (18.46%), Magnesium: 69.28mg (17.32%), Vitamin C: 13.71mg (16.62%), Copper: 0.33mg (16.27%), Vitamin B1: 0.24mg (16.03%), Vitamin B5: 1.57mg (15.75%), Fiber: 3.36g (13.43%), Folate: 43.23µg (10.81%), Calcium: 75.94mg (7.59%), Vitamin D: 0.21µg (1.39%)