



Goan Beef Curry with Vinegar: Beef Vindaloo

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 2 pounds beef top sirloin boneless trimmed cut into 1-inch cubes
- 4 peppercorns whole black
- 0.3 cup canola oil
- 3 tablespoons canola oil
- 0.5 teaspoon cayenne (more if you're feeling feisty!)
- 2 inch cinnamon bark
- 1 teaspoon cumin seeds

- 0.5 cup ginger fresh peeled
- 1 teaspoon ground turmeric
- 6 servings kosher salt and pepper black freshly ground
- 2 teaspoons paprika
- 1 medium onion red sliced very thinly
- 1 serrano chiles sliced in half
- 0.5 cup garlic whole

Equipment

- food processor
- bowl
- frying pan
- pot
- blender

Directions

- For the wet masala: In a small skillet over medium-high heat, toast the cumin seeds, cinnamon bark, cloves, and peppercorns until fragrant, about 1 minute.
- Pour into a spice grinder and process until powdered. In a small food processor or blender, combine the toasted spice mix and the rest of the wet masala ingredients. Process until smooth.
- Place a large (preferably nonstick) pot over high heat and add the oil. When the oil is shimmering, add the onions and serrano pepper. Stirring frequently, saute the onions until golden brown, about 12 minutes. Don't let them burn! Turn the heat down to medium-high if they're starting to burn.
- Add the ground wet masala, taking care because it will sizzle wildly and steam up your glasses, if you wear them. Stir quite vigorously and turn down the heat if it's bubbling too furiously. Don't wash the food processor bowl yet. Keep stirring, with short pauses, until most of the liquid has evaporated and the masala comes together as one mass, about 2 minutes. Also, you may see little droplets of oil on the perimeter of the masala. That's a good sign!
- Quickly add the meat and stir, coating the meat in the masala. Stir and cook about 5 minutes until the meat browns.

- Remember that dirty food processor bowl? Fill it with 1 cup of hot water (from the tap is fine), swirl it around so it picks up any leftover masala, and pour that into the pot.
- Add salt and pepper, stir, bring the curry to a boil, and then turn it down to a simmer. Cover and cook 30 minutes. Then cook with the lid ajar for another 10 minutes to thicken the gravy slightly. Check the meat at the end of the cooking time; it should be tender and not chewy at all. Adjust the salt if you like, and serve over rice or with chapatis (whole wheat griddle bread).
- Throw the garlic, ginger, and canola oil in a mini-food processor and let it go until it forms a semi-smooth paste. There will still be tiny little pieces in there, but overall, it should resemble a paste.
- Save what you don't use in a small glass jar. It should last in the fridge for 2 to 3 weeks. It's a delicious addition to marinades, pasta sauces, stir fry sauces, slow-cooker recipes, gravy etc. We always had a jar of this stuff in our fridge growing up.

Nutrition Facts

PROTEIN 37.64%

FAT 53.39%

CARBS 8.97%

Properties

Glycemic Index:39.67, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:20.275217574576%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 377.61kcal (18.88%), Fat: 22.06g (33.93%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 6.98g (2.54%), Sugar: 1.26g (1.4%), Cholesterol: 89.21mg (29.74%), Sodium: 90.72mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.99g (69.98%), Selenium: 48.46µg (69.22%), Vitamin B6: 1.16mg (57.84%), Vitamin B3: 10.08mg (50.39%), Zinc: 6.32mg (42.13%), Phosphorus: 352.01mg (35.2%), Vitamin E: 3.6mg (23.98%), Vitamin B12: 1.42µg (23.69%), Manganese: 0.43mg (21.51%), Potassium: 699.36mg (19.98%), Iron: 3.32mg (18.44%), Vitamin K: 14.81µg (14.1%), Vitamin B2: 0.21mg (12.61%), Magnesium: 47.89mg (11.97%), Vitamin B5: 1.12mg (11.17%), Vitamin B1: 0.15mg (10.18%), Copper: 0.19mg (9.6%), Vitamin A: 414.6IU (8.29%), Vitamin C: 6mg (7.27%), Calcium: 70.34mg (7.03%), Folate: 25.3µg (6.33%), Fiber: 1.35g (5.4%)