

# Matterachi Ularthiathu - Beef With Spices

**B**EEF WITH SPICES is a “dry” dish – the spice flavored stock is reduced to thick gravy and clings to the cooked beef. Some Malayalees decorate the dish with slivers of fried coconut and eat it with rice and lentils. The cooked beef can also be rolled up in Indian bread or a soft taco and eaten like a kebab or a wrap.

## Ingredients (To serve 4)

- Beef (top, round) - 1 lb / 450 gm
- Fennel seeds - ½ tbsp
- Cinnamon stick - 1-inch / 2.5-cm
- Whole cloves - 5
- Shallots - 8
- Coriander powder - ¾ tbsp
- Red chili powder - ½ tbsp
- Turmeric powder - ¼ tsp
- Ginger - 2-inch piece
- Garlic cloves - 4
- Small green chilies - 3
- Olive oil - 3 tbsp
- Curry leaves - 6
- Salt - 1 tsp

### Nutrition Information

	(per serving)	%DV
Calories	332	17 %
Carbohydrates	9 gm	3 %
Protein	26 gm	52 %
Fat	21 gm	32 %
Cholesterol	69 mg	23 %
Sodium	662 mg	28 %
Fiber	2 gm	8 %
Calcium	46 mg	5 %
Iron	4 mg	22 %

## Utensils

- 2 medium pans with lids
- Spice grinder

## Preparation/Pre-Cooking (55 minutes)

1. Wash the beef. Trim fat off and cube into 1½-inch pieces.
2. Grind the fennel seeds, cinnamon stick, and whole cloves in the spice grinder.
3. Peel and chop the shallots finely. Divide into half.
4. Add the beef cubes to a medium pan. Cook over medium heat with ½ cup of hot water, half the chopped shallots, ground spices, and coriander, red chili, and turmeric powders.
5. Cover and cook, stirring occasionally for about 45 minutes until beef is cooked (knife cuts easily through the pieces when done). Add more water as needed to cook the beef.
6. Keep the cooked beef and stock aside.
7. Peel and mince the ginger and garlic.
8. Trim the stems off and slit the green chilies lengthwise into thin strips.

## Cooking (10 minutes)

1. Heat the oil in the second pan over high heat.
2. Add the remaining shallots to the hot oil and sauté until golden brown.
3. Add the ginger, garlic, curry leaves, and green chilies. Stir-fry for a minute.
4. Add the cooked beef and stock to the pan. Reduce heat to medium. Cover the pan and cook.
5. Stir the beef occasionally until the gravy is reduced and clings to it.
6. Season with salt.

**Serve:** Hot.

**Pre-Cooking Option:** Cook the beef in advance (steps 1-6). The beef and stock can be frozen at this stage.

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