

Matterachi Stew - Beef Stew

Stew, pronounced locally as *ishtew*, is a specialty dish made by the Christian communities in Kerala. A stew could be made with either chicken, mixed vegetables, or beef. BEEF STEW is a mild dish with fragrant flavor from the many aromatic spices added. It is eaten both as an everyday dish with rice and served with RICE PANCAKE (*appam*) as a special Easter or Christmas meal.

Ingredients (To serve 4)

- Beef (top, round) - 1 lb / 450 gm
- Vinegar - ½ tsp
- Large potatoes - 2
- Large onion - 1
- Ginger - 2-inch / 5-cm piece
- Garlic cloves - 4
- Small green chilies - 3
- Olive oil - 4 tbsp
- Whole cardamom - 6
- Cinnamon stick - ½
- Peppercorns - 6
- Whole cloves - 6
- Turmeric powder - ¼ tsp
- Coriander powder - 1 tbsp
- Coconut milk - 7 fl oz / 207 ml
- Salt - 1 tsp

Nutrition Information

	(per serving)	%DV
Calories	533	27 %
Carbohydrates	28 gm	9 %
Protein	29 gm	58 %
Fat	35 gm	54 %
Cholesterol	69 mg	23 %
Sodium	664 mg	28 %
Fiber	4 gm	16 %
Calcium	56 mg	6 %
Iron	6 mg	33 %

Utensils

- 2 medium pans with lids

Preparation/Pre-Cooking (45 minutes)

1. Wash the beef. Trim the fat off and cut it into bite-size pieces.
2. Add the beef cubes to a medium pan on medium heat with 2 cups of water and 1 tsp of salt.
3. Cover and cook, stirring occasionally for about 45 minutes, or until the beef is cooked (knife cuts easily through the pieces when done). Add more water as needed to cook the meat.
4. Add the vinegar as soon as the meat is cooked. Keep the meat and stock aside.
5. Peel and chop the potatoes into small bite-size pieces. Cook the potatoes until crisp-tender.
6. Peel and mince the onion.
7. Peel and mince the ginger and garlic.
8. Trim the stems off and mince the green chilies.

Cooking (10 minutes)

1. Heat the oil in the second pan over high heat.
2. Add the minced onion to the hot oil and sauté until golden brown.
3. Add the minced ginger, garlic, and green chilies. Stir-fry for a minute.
4. Add the whole cardamom, cinnamon stick, peppercorns, whole cloves, turmeric, and coriander powder. Sauté for 15 seconds until the aroma of the spices is released.
5. Add the cooked beef, potatoes, and the stock and bring the liquid to a boil.
6. Reduce the heat to medium. Cover the pan and continue cooking until the potatoes are fully cooked.

7. Add the coconut milk and simmer until the sauce is thick.

Serve: Hot.

Pre-Cooking Option: Cook the beef in advance (steps 1-4). The beef and stock can be frozen at this stage.

Note: Whole aromatic spices are not eaten.

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