THAI · DINNER

# Keto Beef Massaman Curry (No Potato, No Sugar)

90 min · Serves 4 · 509 kcal a serve · Video 7:56 · HK's Keto & Low Carb Recipes

Gluten-free ingredients · Dairy-free

Slow-cooked beef in a home-made massaman paste and coconut milk, with no potato or sugar: about 31 g protein and only about 6 g net carbs a serve.

**Diet notes:** Keto (5.9 g net carbs a serve).

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## Ingredients 23 · SERVES 4

- [ ] ½ tsp **cumin seeds** (paste)
- [ ] ½ tsp **fennel seeds** (paste)
- [ ] ½ **cinnamon** stick (paste)
- [ ] 1 **dried red chilli** (paste)
- [ ] 1–2 **cardamom pods** (paste)
- [ ] 2 **cloves** (paste)
- [ ] 4 **black peppercorns** (paste)
- [ ] ¼ tsp **coriander seeds** (paste)
- [ ] a small piece of **nutmeg** (paste)
- [ ] ¼ oz **peanuts** (paste)
- [ ] 7.5 g **lemongrass**, white part (paste)
- [ ] 7.5 g **galangal** (paste)
- [ ] 7.5 g **garlic** (paste)
- [ ] ¾ oz **red onion or shallots** (paste)
- [ ] 2 **coriander roots** (paste)
- [ ] ½ tbsp **soybean paste** (paste)
- [ ] 1⅔ cups **coconut milk**
- [ ] 1 lb **beef** for slow cooking, cubed
- [ ] some **water** (about ½ cup)
- [ ] 1 tsp **stevia**
- [ ] 1 tbsp **rice wine vinegar**
- [ ] 1 tsp **fish sauce**
- [ ] **salt** to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** Fish, Peanut, Soy. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. For the paste (half the cook's batch, enough for this curry): dry-toast the cumin, fennel, cinnamon, chilli, cardamom, cloves, peppercorns, coriander seeds and nutmeg until fragrant, then grind to a fine powder. 0:22
2. In the same pan dry-roast the peanuts, shallot, garlic, galangal, lemongrass and coriander roots until coloured. Blend to a paste with a splash of water, then mix in the spice powder and soybean paste. 1:08
3. Heat about 3½ tbsp of the coconut milk in a wok until it bubbles, add the paste and fry, stirring, until the coconut milk reduces and the oil separates. 2:40
4. Add the beef and stir to coat, then most of the remaining coconut milk and some water. Stir in the stevia, vinegar and fish sauce. 3:13
5. Simmer on low, uncovered so the sauce reduces, for about 1 hour, stirring now and then, until the beef is tender. 4:04
6. Season with salt at the end, stir in the last splash of coconut milk and serve. 4:45

> **Tip** Serve with cauliflower rice. Shrimp paste can replace the soybean paste. In the video the cook doubles the beef to 2¼ lb; the paste is meant for 1 lb. Pork shoulder or chicken thighs also work.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| **509 kcal** | **31 g** | **6.9 g** |
| 2,130 kJ | 61% of a day | 5.9 g net · 0.8 g sugars |
| | | 2% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| **1 g** | **41 g** | **640 mg** |
| 4% of a day | 26 g saturated | 28% of a day |
| | 52% of a day | |

**Energy from** net carbs 5% · protein 24% · fat 71% — fits keto: 5.9 g net carbs, 71% of the energy from fat

**High in** (20%+ of a day) Vitamin B12 84% · Zinc 65% · Selenium 58% · Iron 35% · Vitamin B6 22%

**Source of** (10–19%) Magnesium 17% · Omega-3 12% · Potassium 11%

**Recipe and video:** HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=LuSEYGIpzgQ, published 17 October 2017. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-beef-massaman-curry