INDIAN · LUNCH · DINNER

Kerala Beef Roast (Kuttanadan Beef Varattiyathu)

കുട്ടനാടൻ ബീഫ് റോസ്റ്റ്

75 min · Serves 3 · 666 kcal a serve · Video 15:48 in Malayalam · Veena's Curryworld

Gluten-free ingredients · Dairy-free · Nut-free

Beef slow-roasted in a dry spice masala with shallots, curry leaves and pepper, with no flour or sugar: about 47 g protein and 18 g net carbs a serve, with more than a day's vitamin B12 and nearly a day's zinc.

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Ingredients 21 · SERVES 3

- [ ] 1¾ lb **beef** with some bone, washed with salt and vinegar and cut small
- [ ] 1½ tbsp **coconut oil** (for the masala)
- [ ] 1½ large **onions**, sliced
- [ ] 1 small piece **ginger**, crushed
- [ ] 4 **garlic** cloves, crushed
- [ ] 3 **green chillies**, slit
- [ ] **curry leaves**: 1 sprig for the masala, plenty to finish
- [ ] **salt** to taste
- [ ] ¼ tsp **ground turmeric**
- [ ] ¾ tbsp **chilli powder**
- [ ] 1 tbsp **ground coriander**
- [ ] 1 tsp **meat masala**, plus ½ tsp garam masala
- [ ] ¼ tsp **ground fennel**
- [ ] 2 tsp **white vinegar**
- [ ] 1 tbsp **coconut oil** (for roasting)
- [ ] 2 tbsp **thin coconut slivers** (thenga kothu)
- [ ] 20 **shallots** (small onions), sliced
- [ ] 3 **garlic** cloves, finely chopped
- [ ] 1 tsp finely chopped **ginger**
- [ ] 3 more **green chillies**, slit
- [ ] 1 tsp **ground black pepper**

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

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the beef well with salt and vinegar and cut it into small pieces. 1:18
2. Heat the 1½ tbsp coconut oil in a kadai and sauté the sliced onion, crushed ginger and garlic, green chillies, a sprig of curry leaves and some salt on medium heat until brown. 1:35
3. Turn the heat to low and stir in the turmeric, chilli powder, coriander, meat masala, garam masala and fennel until the raw smell goes, then add the vinegar. 4:06
4. Let the masala cool and grind it to a fine paste with a little water. 5:45
5. Put the paste in a pressure cooker with a little more salt (it should taste slightly salty) and cook it for a few minutes. Add the beef and mix well, then without adding water cook for 2 whistles or until tender. 6:00
6. In a wide pan heat 1 tbsp coconut oil and fry the coconut slivers until golden. Add the shallots, chopped garlic, ginger, green chillies and curry leaves and sauté until golden. 8:34
7. Add the cooked beef with its juices and keep roasting, stirring and tossing, until the gravy has dried and the beef turns dark. 11:54
8. Stir in the pepper and plenty of curry leaves and roast 5 minutes more. 13:44

> **Tip** Serves 3 (our estimate for 1¾ lb beef on the bone). Her written list says 4 tbsp oil for the masala; on camera she uses about 1½ tbsp. Tough beef needs more whistles. Eaten with rice or appam; cauliflower rice is lower in carbs.

The method is a summary in our words, in English — the video (in Malayalam) shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
666 kcal	**47 g**	**24 g**	**6.3 g**	**43 g**	**600 mg**
2,790 kJ	94% of a day	18 g net · 8.4 g sugars 9% of a day	23% of a day	22 g saturated 55% of a day	26% of a day

Energy from net carbs 11% · protein 29% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 133% · Zinc 98% · Selenium 80% · Vitamin B6 51% · Iron 32% · Vitamin C 25%

Source of (10–19%) Omega-3 19% · Potassium 18% · Magnesium 17% · Vitamin E 13% · Folate 13% · Vitamin K 11%

Recipe and video: Veena's Curryworld (@VeenasCurryworld) on YouTube — youtube.com/watch?v=fG13FXjCe4g, published 3 April 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/kuttanadan-beef-varattiyathu