



INDIAN (KERALA)

Kerala Beef Chilli Fry

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	4	20 min	35 min	Stir-fry	Top sirloin

Ingredients

- 600 g (1½ lb) top sirloin, cut into 2 cm (¾ in) cubes
- ½ tsp ground turmeric
- 1 tsp salt, plus more to taste
- 120 ml (½ cup) water
- 3 tbsp coconut oil (or vegetable oil)
- 1 tsp black mustard seeds
- 2 sprigs curry leaves (or omit; the dish will be less aromatic)
- 2 large onions, thinly sliced
- 1 tbsp ginger-garlic paste
- 3–4 green chillies, slit
- 2 tsp Kashmiri chilli powder (or 2 tsp paprika + ¼ tsp cayenne; milder and less red)
- 1 tsp ground coriander
- 1 tsp garam masala
- ½ tsp black pepper
- 1 tomato, chopped
- 40 g (½ cup) sliced fresh or dried coconut (optional)
- 1 tbsp lemon juice

Steps

1. Put the beef, turmeric, salt and water in a pan, cover, and cook over medium-low heat for 20 minutes, then check; add 5–10 minutes if still firm. The meat should be just tender and the liquid mostly reduced. Sirloin is lean, so don't overcook it. Set aside with any liquid.
2. Heat the oil in a wide pan over medium-high heat. Add the mustard seeds and let them pop for 10 seconds, then add the curry leaves.
3. Add the onions and a pinch of salt. Cook 8 to 10 minutes, stirring, until golden brown at the edges.
4. Stir in the ginger-garlic paste and green chillies for 1 minute until the raw smell goes.
5. Lower the heat to medium, add the chilli powder, coriander, garam masala and pepper, and cook 30 seconds. Add the tomato and cook 3 minutes until soft.
6. Add the beef with its liquid. Turn the heat to high and stir-fry for 5 to 6 minutes until the sauce clings and the beef is dark and slightly crisp in spots.
7. Finish with the coconut slices and lemon juice. Taste for salt.
8. Serve with parotta, rice or appam.

Notes

- **Heat:** use 1 tsp chilli powder and 2 green chillies for a milder dish.
- **Other cuts:** chuck cooked for 45 minutes in step 1 gives a softer, more traditional result.
- **Make ahead:** flavours deepen overnight; reheat with a spoonful of water until steaming hot. It freezes for up to 3 months.
- **Shortcut:** a pressure cooker speeds up step 1: about 10 minutes at high pressure for sirloin, or 25 for chuck, then boil off extra liquid.