



## Authentic Bangladeshi Beef Curry

Jacob · 28/09/2024



### Prep Time

2 hrs 15 mins

### Difficult

Medium

### Servings

6

### Description

This spicy beef curry is best served with plain basmati rice or eaten with naan or pita bread

### Ingredients

- - 3 tablespoons olive oil - 1 onion
- chopped - 6 cloves garlic
- minced - 5 green chile peppers
- finely sliced - 1 teaspoon ginger paste - 3 whole cardamom seeds - 2 whole cloves - 1 ½ (2 inch) cinnamon sticks - 1 teaspoon ground cumin - 1 teaspoon ground coriander - 1 teaspoon ground turmeric - 1 teaspoon garlic powder - 1 teaspoon cayenne pepper - 1 cup water - 2 pounds boneless beef chuck
- cut into 1-1/2-inch pieces

### Instructions

1. Heat olive oil in a skillet over medium heat. Add onion; cook and stir until the onion has softened and turned translucent
2. about 5 minutes. Reduce heat to medium-low and continue cooking and stirring until the onion is very tender and dark brown
3. 15 to 20 minutes more. Stir in the garlic
4. green chiles
5. ginger paste
6. cardamom seeds
7. cloves
8. and cinnamon sticks. Cook and stir until the garlic begins to brown
9. 3 to 5 more minutes. Mix cumin
10. coriander
11. turmeric
12. garlic powder
13. cayenne pepper
14. and water into the onion mixture. Simmer until most of the water has evaporated and the mixture has thickened. Stir in beef chuck pieces until coated with spice mixture; simmer over medium-low heat
15. stirring occasionally
16. until the beef is cooked through and tender
17. about 1 to 1 1/2 hours. Editor's Note: Use 5 to 6 small green chile peppers
18. such as Thai chiles; if they're unavailable
19. substitute 2 to 3 serrano chiles or to taste. Use rubber gloves when chopping chile peppers. Slow Cooker Directions: Follow steps 1 and 2. Place the onions
20. spice mixture
21. and 1/2 cup water in the slow cooker; reserve the remaining water. Add the beef and cook on Low for 8 to 10 hours or on High for 4 to 6 hours (you may brown the beef in the skillet first
22. if you wish). Add reserved water if you like a thinner consistency of curry. Pressure Cooker Directions: Cook the onions and spices in the pressure cooker instead of the skillet; add the beef in Step 4 and seal the lid. Bring to high pressure and cook until beef is tender
23. about 40 minutes. Allow pressure to release naturally after cooking.