

Sri Lankan Beef Curry



 Serves: 4  Prep: 5 minutes  Cook: 2 hours, 20 minutes  [Stack Cup](#)

This classic Sri Lankan curry is packed full of flavour. Once you have prepared the ingredients it's so simple to cook and best of all its low FODMAP!

Metric

Imperial

ingredients

2 Tbsp canola oil

36 g

Lean beef (stewing cuts cut into 1 inch cubes)

800 g

2 tsp salt

10 g

1 tsp cracked black pepper	5 g
2 Tbsp Sri Lankan curry powder (see below)	45 g
1 tsp turmeric powder	7 g
1½ Tbsp grated ginger	30 g
2 red large chillis	56 g
7 stalks curry leaves	8 g
6 x 5cm lengths pandan (rampe)	24 g
4 stalks lemongrass	20 g
2 Tbsp vinegar	40 g
Coconut milk	750 g
Sri Lankan Roasted Curry Powder:	
Coriander seeds	250 g
Cumin seeds	160 g

Fennel seeds	50 g
Black peppercorns	20 g
2 cloves	2 g
8 cardamon pods	4 g
Sri Lankan cinnamon	10 g
2 tsp black/brown mustard seeds	10 g
4 stalks fresh or dried curry leaves	10 g
1 stalk pandan (rampe)	40 g

Method

Step 1

To make curry powder, toast spices (excluding pandan) in a wok or pan for 1-2 minutes on low-medium heat, until light brown and fragrances are released, mixing spices regularly to prevent burning.

Step 2

Set aside toasted/roasted spices to cool. This will help to grind ingredients easier. While spices are cooling, cut pandan (rampe) into 2cm lengths.

Step 3

Place cooled spices into a food processor and grind to a fine

Place cooled spices into a food processor and grind to a fine powder. Alternatively use a mortar and pestle, and mix thoroughly.

Step 4

Mix pandan with finely ground spices. Use 45g and place remained into an airtight container. Store in a cool, dark place.

Step 5

Heat oil in a large saucepan or pot over medium heat.

Step 6

Add curry powder and move around constantly with a wooden spoon for approximately 1 minute, to prevent burning and until fragrance is released.

Step 7

Add in the beef cubes and gently mix to coat with curry powder. Once coated add in remaining spices, chillies, herbs and vinegar and gently mix through.

Step 8

Add in coconut milk and increase heat to high and bring to the boil.

Step 9

Reduce heat to low, cover tightly with a lid and simmer for one to two hours on low heat, or until beef is very tender.

Step 10

Check occasionally, and add water if needed.

Step 11

Serve with steamed basmati rice and sprinkle with fresh coriander.

Hints

- Spices, curry leaves and pandan can be found in Asian green grocers and markets. Some ingredients may also be found in the Asian aisle of your local supermarket.
- For a milder curry, remove and discard chilli seeds.

