



INDIAN (GOA)

Beef Vindaloo

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	20 min + 4 hr (or overnight)	2 hr 15 min	Braise	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 3 tbsp vegetable oil
- 3 onions, finely sliced
- 4 tbsp tomato purée or 2 tomatoes, chopped
- 250 ml (1 cup) water
- 1 tsp salt, plus more to taste
- 1 tsp sugar

VINDALOO PASTE

- 10 dried Kashmiri chillies (or 6 dried guajillo or New Mexico chillies plus ½ tsp cayenne), soaked in hot water for 20 minutes, drained

VINDALOO PASTE (CONT.)

- 6 cloves garlic
- 5 cm (2 in) fresh ginger, chopped
- 4 tbsp white or palm vinegar
- 2 tsp cumin seeds, toasted
- 1 tsp black peppercorns
- 1 tsp mustard seeds
- 1 tsp ground turmeric
- 5 cloves
- 1 cinnamon stick, broken

Steps

1. Grind the vindaloo paste ingredients in a blender with a few tablespoons of the chilli soaking water until smooth.
2. Rub two-thirds of the paste into the beef, cover, and marinate in the fridge overnight, or at least 4 hours.
3. Heat the oil in a heavy pot over medium heat. Cook the onions for 15 minutes, stirring, until deep golden brown.
4. Add the remaining paste and fry for 3 minutes until the oil darkens and separates. Stir in the tomato and cook for 3 minutes.
5. Add the marinated beef and cook, stirring, for 8 to 10 minutes until it changes colour and the surface looks sealed.
6. Pour in the water, add the salt and sugar, and bring to a bubble. Cover and braise over low heat for 1½ hours, stirring now and then.
7. Uncover and simmer for 15 to 20 minutes until the beef is tender and the sauce is thick and clings to the meat. Taste for salt and a touch more vinegar for tang.

Notes

- **Heat:** Kashmiri chillies give colour with moderate heat; use fewer, or deseed them, to tame it.
- **Make ahead:** vindaloo is traditionally better after a day or two in the fridge.

- **Serving:** with basmati rice or a soft bread such as pao; potatoes are an optional add at step 6 but not traditional.
- **Slow cooker:** do steps 1 to 5 on the stove, then cook on low 8 hr or high 4–5 hr with 125 ml (½ cup) water. Finish lid off on high for 30 minutes to thicken.
- **Freezer:** freezes for up to 3 months; thaw overnight in the fridge and reheat until steaming hot.
- **Chef's touch:** add the last splash of vinegar after turning off the heat; boiling dulls its tang.