



INDIAN (KERALA)

Beef Ularthiyathu

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	20 min	2 hr 30 min	Braise	Brisket

Ingredients

- 1 kg (2¼ lb) beef brisket, cut into 3 cm (1¼ in) cubes
- 1½ tsp salt
- 1 tsp ground turmeric
- 2 tbsp coriander powder
- 1 tbsp Kashmiri chilli powder (or 2 tsp regular chilli powder)
- 1 tsp black pepper
- 1 tsp garam masala
- 3 tbsp coconut oil
- 2 sprigs curry leaves (about 20 leaves; see Notes)
- 40 g (½ cup) thinly sliced coconut pieces (or ¼ cup unsweetened coconut flakes)
- 2 large onions, sliced
- 1 tbsp ginger-garlic paste
- 4 green chillies, slit
- 250 ml (1 cup) water
- 1 tsp mustard seeds
- 2 dried red chillies

Steps

1. Toss the beef with the salt, turmeric, half the coriander powder, half the chilli powder and the black pepper. Let sit 20 minutes.
2. Put the beef and 250 ml (1 cup) of water in a heavy pot or pressure cooker. Cook covered over low heat for 1½ hours, or 25 minutes at high pressure, until tender. If more than 60 ml (¼ cup) of liquid remains near the end, uncover and boil it down over medium heat.
3. Heat 2 tbsp of the coconut oil in a wide skillet over medium heat. Fry the coconut pieces for 3 to 4 minutes, until golden brown. Remove.
4. In the same oil, add the onions, ginger-garlic paste, green chillies and one sprig of curry leaves. Cook 10 minutes until the onions are deep golden.
5. Add the remaining coriander and chilli powder and cook for 1 minute, stirring so the spices don't burn.
6. Add the cooked beef with any liquid, the garam masala and the fried coconut. Braise uncovered over medium-low heat, stirring often, for 20 minutes, until the masala clings to the beef and looks dark and dry.
7. In a small pan, heat the remaining oil, pop the mustard seeds for 20 seconds, then add the dried chillies and last curry leaves for 10 seconds. Pour over the beef and stir.

Notes

- **Texture:** ularthiyathu means "dry-roasted"; the goal is a thick, dark coating, not a gravy.
- **Can't find curry leaves?** Omit them; the dish will be less fragrant but still good. Fresh curry leaves freeze well if you find a source.
- **Serving:** eat with parotta, rice or kappa (cassava).

- **Make ahead:** it tastes better the next day and keeps 3–4 days in the fridge. It also freezes 3 months; reheat in a skillet until steaming hot.