

# Spicy Beef Curry - Gordon Ramsay

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/best-spicy-indian-curry-recipe-oil-chilli>

## Ingredients:

- 2 1/4 pounds braising steak good quality, cut into cubes
- 2 tablespoons natural yoghurt
- sea salt a good pinch of
- freshly ground black pepper
- 3 tablespoons Garam Masala
- 1 tablespoon olive oil
- 1/2 teaspoon fenugreek seeds also known as methi seeds
- 1 teaspoon fennel seeds
- 2 teaspoons cumin seeds
- 2 teaspoons coriander seeds
- 1 teaspoon ground turmeric
- 1 tablespoon Madras curry powder
- 1 tablespoon olive oil
- 2 large onions - chopped into small dice
- 2 garlic fat cloves, - finely chopped
- 1 knob fresh root ginger grated to make about a tablespoon
- 2 chillies fresh green finger, seeds in and sliced
- 2 chillies red, seeds in and sliced
- 1 tablespoon caster sugar
- 1 handful coriander small, leaves, for serving- stalks finely chopped
- 2 tomato puree good squirts of, paste in the US
- 2 11/16 cups chopped tomatoes tin of good quality, including juice, I used Cirio
- 1 11/16 cups beef stock made from a Knorr beef stock cube, OXO are too salty
- 1 handful curry leaves separated, or Kafir lime leaves

## Nutrition:

1. Calories: 820 calories

2. Carbohydrate: 26 grams
3. Cholesterol: 170 milligrams
4. Fat: 55 grams
5. Fiber: 9 grams
6. Protein: 54 grams
7. SaturatedFat: 19 grams
8. Sodium: 540 milligrams
9. Sugar: 9 grams

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