

Japanese Curry

Yield: 8 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-coffee-microwave>

Ingredients:

- 2 pounds beef 2 inch cubes, chuck, flank, round, any braising cut
- 4 tablespoons coffee brewed strong
- salt as needed
- 3 tablespoons oil
- 2 onions large, sliced
- 2 tablespoons minced garlic
- 1 tablespoon ginger grated
- 2 carrot large, rangiri cut, uneven oblique chunks
- 2 potatoes large, rangiri cut
- 3/4 cup peas
- 2 teaspoons garam masala
- 2 cups beef stock water can be used but the depth of flavour will be lacking
- 3 cups water
- 2 teaspoons brown sugar or palm sugar
- 3 tablespoons butter
- 3 tablespoons flour
- 1 tablespoon turmeric
- 1/2 tablespoon coriander powder
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground fennel
- 1 teaspoon chilli powder
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon garlic powder
- 1/4 teaspoon cocoa powder
- 1 pinch ground cloves
- 1 pinch ground cardamom
- 1 1/2 teaspoons tomato paste or ketchup
- 1 1/2 teaspoons worcestershire sauce
- 1 teaspoon soy sauce

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 90 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 10 grams
8. Sodium: 400 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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