Type: Beef, Main Dish Cuisine: Indian Time required: 45m Serving: 2

The Vindaloo, originating from Goa in the south-west of India, packs a hefty punch of flavor and heat and isn’t always the hottest curry on offer in most Indian restaurants. This recipe is more traditional than is usually served in the restaurants as they just tend to be a hotter version of their standard curry – I’ll add the restaurant version of the Vindaloo later on down the line.

The potato is optional – this came from a later evolution of the recipe due to the word “aloo” meaning potato in Hindi. I have added it to this as I feel it adds extra flavor and texture to the recipe.

**Ingredients**

300g Diced Beef

1/2 Potato - Part boiled and quartered

50g - 75g Ghee (or oil)

2tsp Coriander Seeds

1/2tsp Cardamom Seeds (about 5 pods)

6 Cloves

1tsp Ground Cinnamon (or two sticks)

1/2tsp Black Peppercorns

2tsp Hot Chilli Powder

1tsp Fenugreek Seeds

1 1/2tsp Cumin Seeds

1tsp Mustard Powder

1tsp Turmeric Powder

1tsp Salt

1tsp Garlic Paste

1tsp Ginger Paste

125ml White Wine Vinegar

1 Onion Diced

2 Bay Leaves

150ml Chicken Stock

3 Finger Chillies (finely chopped)

2tsp Garam Masala

**Directions**

Add the coriander seeds, cardamom seeds, peppercorns, cloves, chilli powder, cinnamon, fenugreek seeds and cumin seeds to pan with a splodge of ghee (or oil) and gently fry on a low heat for a couple of minutes. Stir frequently to prevent burning.

Tip into a mortar and pestle and grind as fine as possible - this is especially important if you are using cinnamon sticks.

Mix together the ginger paste, garlic paste, mustard powder, turmeric powder and salt with the white wine vinegar to make a paste. Add to the mortar and pestle and mix with the other spices.

Melt the ghee in a large pan, add the onions and cook until a golden color on low heat. Add the beef.

Once the beef has been sealed, pour in the mixture from the mortar and pestle along with the chicken stock and bring to the boil. Immediately reduce to a simmer, pop in the bay leaves and the chillies and leave to reduce for 15 minutes (stirring occasionally).

If you're adding potatoes, add them 5 minutes before the 15 minutes are up in step 5.

Add the garam masala and leave to cook for a couple more minutes, the curry is ready once the sauce is thick and the oil has separated. Serve with fresh coriander to garnish.