

Authentic Sri Lankan Beef Curry: Tender, Flavorful, and Spice-Rich

? Sri Lankan Beef Curry: The Ultimate Bowl of Comfort and Spice



TIME
15 min

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INGREDIENTS

Swaps and Notes:

Beef: If you can't find beef chuck, use another stewing cut like beef shoulder or even short ribs. The key is a fatty cut that benefits from a long, slow cook.

Spice Level: To lower the heat, reduce the amount of chili powder. To increase the complexity without adding heat, add a pinch of paprika.

Curry Leaves: If you absolutely cannot find fresh curry leaves, a tiny pinch of dried fenugreek leaves (methi) can provide a similar, deep aroma, though it's not a perfect substitute.

Vinegar: I prefer white vinegar for a clean tang, but a squeeze of lime juice at the end works beautifully too.

DIRECTIONS

1. **Prep :** Time: 15 minutes | Cooking Time: 2 hours | Total Time: 2 hours 15 minutes | Servings: 6
2. **Heat the : Oil and SautØ Aromatics:** Heat the coconut oil in a large, heavy-bottomed pot or Dutch oven over medium heat. Add the sliced onions, garlic, ginger, and curry leaves. SautØ for 5-7 minutes until the onions are soft and golden brown and the mixture is fragrant.
3. **Sear the : Beef:** Add the beef cubes to the pot. Sear until they are nicely browned on all sides. This locks in flavor and adds texture to the final dish.
4. **Toast the : Spices:** Stir in the ground coriander, ground cumin, chili powder, ground turmeric, roasted Sri Lankan curry powder, cinnamon stick, crushed cardamom pods, and cloves. Cook for 2-3 minutes, stirring constantly. This crucial step, known as tempering or blooming, enhances the flavor and fragrance of the spices.
5. **Simmer the : Curry:** Pour in the coconut milk and water, stirring well to scrape up any browned bits from the bottom of the pot. Add the vinegar and season generously with salt.
6. **Tenderize the : Beef:** Bring the mixture to a gentle simmer. Reduce the heat to low, cover the pot, and let it cook for 1.5 to 2 hours. Stir occasionally to prevent sticking. The curry is done when the beef is wonderfully tender and easily shreds with a fork, and the sauce has thickened nicely.
7. **Serve:** Taste and adjust the salt if necessary. Garnish with freshly chopped cilantro before serving hot.
8. **? Tips for Success:** Don't Rush the Searing:

Browning the beef well adds a deep, savory foundation (Maillard reaction) to the curry. Take your time during this step.

9. The : Power of Toasting Spices: Step 3 is non-negotiable for authentic flavor. Cooking the powdered spices in the oil for a few minutes before adding liquid prevents a raw, chalky taste and deepens their complex aromas.
10. Crush the : Cardamom: Lightly crushing the cardamom pods with the side of your knife (or mortar and pestle) opens them up just enough to release their flavor without overwhelming the dish. Be sure to remind guests to watch for the whole spices (cinnamon stick, cardamom, cloves) before eating.
11. ? Serving Suggestions and Pairings: This curry is robust and flavorful, requiring simple, starchy companions to soak up the luxurious sauce.
12. Rice: Classic steamed Basmati rice or a simple yellow rice are ideal.
13. Bread: Warm, flaky Roti (a flatbread) or a simple Naan is a must for scooping up every last bit of the sauce.
14. Sambol (Relish): A spicy relish, such as PoI Sambol (coconut relish) or a simple cucumber and onion Raita(yogurt dip), offers a cool, fresh contrast to the rich, spicy curry.
15. Sides: A simple stir-fry of green beans or sautéed okra makes a perfect vegetable accompaniment.
16. For a comforting menu, pair this with a crisp, slightly sweet Lager or an iced glass of Blueberry Lemonade to cut through the richness.
17. ? Nutritional Information (Per Serving): Kcal: 480 kcal
18. Protein: Approximately 40g (varies based on fat content of beef)
19. Fat: Approximately 30g
20. Carbohydrates: Approximately 10g
21. Note: This is an estimated nutritional breakdown based on standard ingredients and assumes 6 servings.
22. ? Storage and Leftover Tips: This is one of those recipes that truly gets better with time!
23. Refrigeration: Store leftovers in an airtight container in the refrigerator for up to 4 days.
24. Freezing: This curry freezes exceptionally well. Cool completely, transfer to a freezer-safe container, and freeze for up to 3 months. Thaw overnight in the refrigerator and reheat gently on the stovetop. If the sauce separates slightly, stir vigorously while reheating, and you can add a splash of water or coconut milk to adjust the consistency.
25. Repurposing: Use leftover curry sauce over a baked potato or to stuff a few Chicken Enchiladas for a fusion twist!

SWAPS & NOTES

To taste Salt For garnish Fresh Cilantro , chopped Export to Sheets Swaps and Notes Beef: If you can't find beef chuck, use another stewing cut like beef shoulder or even short ribs .

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TIPS FOR SUCCESS

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