EAST AFRICAN · LUNCH · DINNER

Hen'omby Ritra (Malagasy Braised Shredded Beef)

Hen'omby ritra

150 min · Serves 5 · 407 kcal a serve · Video 6:59 in French · Clovissia

Gluten-free ingredients · No dairy listed · No nuts listed

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51 g protein and 12 g net carbs a serve: beef braised slowly with onion, tomato, garlic and ginger until it shreds, using only 2 tbsp oil for the whole pot. Rich in zinc and vitamin B12.

Diet notes: Paleo with a swap: olive, avocado or coconut oil instead of the oil.

Ingredients 11 · SERVES 5

- [ ] 2¼ lb **beef** (zebu if you can get it), in chunks
- [ ] **coarse salt**, to taste
- [ ] 3 medium **onions**, thickly sliced
- [ ] 4 cloves **garlic**, roughly chopped
- [ ] a 4 inches piece **fresh ginger** (about 1¾ oz), roughly chopped (or 1 tsp ground ginger)
- [ ] 2 tbsp **oil**
- [ ] 1 tbsp **Madagascar curry powder** (kari gasy)
- [ ] 1 lb **tomatoes**, chopped
- [ ] **black pepper**, a few turns of the mill
- [ ] a few **flat-leaf parsley leaves**, snipped, to serve
- [ ] **chilli paste** (sakay), to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the beef chunks into a dry pot with no oil, sprinkle with coarse salt, cover and set over the heat so the meat releases its juices. 0:55
2. Meanwhile slice the onions not too thinly, roughly chop the garlic and ginger, and chop the tomatoes. 1:20
3. When the juices have completely evaporated and the pot is dry, add the oil and stir until the beef browns. 3:02
4. Add the onions and stir until they soften, then the garlic and the ginger. 3:17
5. Stir in the curry powder, then the tomatoes, and finish with a few turns of black pepper. 3:52
6. Cover the beef with water and bring to the boil, then lower to medium-low and simmer for about 2 hours, until the water has fully cooked away and the meat falls apart into shreds. 4:35
7. Scatter with snipped parsley and serve, with a little chilli paste on the side if you like. 5:44

> **Tip** Serves 5 (our estimate). Eaten in Madagascar with rice and chilli paste; cauliflower rice or a green salad keep it lower in carbs. It keeps well in the fridge for 3 days and reheats well.

The method is a summary in our words, in English — the video (in French) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
407 kcal	51 g	16 g	3.9 g	16 g	510 mg
1,700 kJ	102% of a day	12 g net · 6.7 g sugars	14% of a day	4.7 g saturated	22% of a day
		6% of a day		21% of a day	

Energy from net carbs 12% · protein 52% · fat 36% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 171% · Zinc 118% · Selenium 96% · Vitamin B6 60% · Omega-3 34% · Iron 30% · Vitamin K 27% · Vitamin C 26% · Potassium 20%

Source of (10–19%) Magnesium 15% · Vitamin E 14% · Folate 12%

Recipe and video: Clovissia (@Clovissia-leKanto) on YouTube — youtube.com/watch?v=GmM4iLpFmDY, published 3 February 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/henomby-ritra