BANGLADESHI · LUNCH · DINNER

Mezbani Gosht (Chittagong Beef Curry with Mustard Oil)

মেজবানি মাংস

100 min · plus 30–60 min marinating · Serves 8 · 783 kcal a serve · Video 8:01 in Bengali · Aysha Siddika

Gluten-free ingredients · No dairy listed

Beef and a little liver slow-cooked in their own juices with spices: about 52 g protein and 7 g net carbs a serve, with more than a day's vitamin B12 and zinc and over 40% of a day's iron.

Diet notes: Keto (6.9 g net carbs a serve).

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Ingredients 22 · SERVES 8

- [ ] 4½ lb mixed **beef cuts** on the bone, with some fat (about 3½ lb meat)
- [ ] 9 oz **beef liver**, cut in pieces
- [ ] 1 tbsp **salt**
- [ ] 2 tbsp **red chilli powder**
- [ ] 2 tsp **ground turmeric**
- [ ] 1½ tbsp **ground cumin**
- [ ] 1 tbsp **ground coriander**
- [ ] 2 tbsp **ginger paste**
- [ ] 1½ tbsp **garlic paste**
- [ ] 2 cups thinly sliced **onion**
- [ ] 7–8 **green chillies**, plus a few more whole to finish
- [ ] 2 **bay leaves**
- [ ] 8–9 **green cardamom pods**, crushed
- [ ] 8–9 **whole cloves**
- [ ] 2 pieces **cinnamon** stick
- [ ] **Mixed spice**: ¼ tsp ground nutmeg and ¼ tsp ground mace (jayitri)
- [ ] 1 tbsp **peanut paste** (ground peanuts)
- [ ] **Mustard seed**: 1 tbsp white mustard paste or powder
- [ ] 1 tbsp **ground fennel** (mouri)
- [ ] 1½ tsp **ground radhuni** (wild celery seed, ajmod)
- [ ] 1 cup **mustard oil**
- [ ] ½ cup **water**

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

Allergens found in the listed ingredients: Peanut, Celery, Mustard. 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 and liver in a heavy pot. Add the salt, chilli powder, turmeric, cumin, coriander, ginger paste and garlic paste. 1:09
2. Add the sliced onion, the green chillies, bay leaves, crushed cardamom, cloves, cinnamon, nutmeg and mace. 2:07
3. Add the Mezbani flavourings: peanut paste, mustard paste, ground fennel and radhuni, then pour over the mustard oil. 2:57
4. Mix and rub everything into the meat by hand, add the ½ cup water and leave to marinate for 30–60 minutes. 3:45
5. Cover and cook over medium heat for 8–9 minutes until the meat releases its juices, then turn to medium-low and cook covered for 1–1¼ hours, stirring now and then, until tender and the oil rises to the top. 4:37
6. Add a few whole green chillies, turn off the heat and leave covered for 5 minutes before serving. 6:01

> **Tip** Serves 8 (our estimate for 4½ lb beef on the bone). Traditionally eaten with rice or roti; cauliflower rice keeps it lower in carbs. Spoon off some of the oil that rises to the top if you like it lighter.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
783 kcal	**52 g**	**9.9 g**
3,280 kJ	104% of a day	6.9 g net · 2.1 g sugars
		4% of a day

FIBRE	FAT	SODIUM
3 g	**59 g**	**970 mg**
11% of a day	15 g saturated	42% of a day
	76% of a day	

Energy from net carbs 4% · protein 27% · fat 69% — fits keto: 6.9 g net carbs, 69% of the energy from fat

High in (20%+ of a day) Vitamin B12 832% · Vitamin A 255% · Omega-3 122% · Zinc 107% · Selenium 95% · Vitamin B6 48% · Iron 42% · Folate 23%

Source of (10–19%) Magnesium 15% · Potassium 14% · Vitamin C 13% · Vitamin E 13%

Recipe and video: Aysha Siddika (@ayshasrecipe) on YouTube — youtube.com/watch?v=x5mwoe7Bk14, published 17 July 2021. 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/mezbani-gosht-chittagong-beef