Instant Pot Beef & Coconut Madras Curry
牛もも肉のココナッツ・マドラスカレー

Japanese-style curry • 5 servings



Ingredients

- 732 g raw beef round (牛もも肉), trimmed of silverskin and cut across the grain into 3–3.5 cm cubes
- 200 g onion, thinly sliced (about 3 mm)
- 180 g carrot, cut into 2 cm pieces
- 150 g shimeji or button mushrooms, separated or sliced
- 12 g garlic (about 3 cloves), finely minced
- 15 g fresh ginger, finely grated
- 15 g canola oil, divided (10 g + 5 g)
- 8–10 g Sun Brand Madras Curry Powder (start with 8 g; increase to taste after cooking)
- 25 g tomato paste
- 250 ml water or unsalted beef stock
- 200 ml unsweetened coconut milk, well stirred
- 12 g reduced-sodium soy sauce (2 tsp)
- 14 g honey (2 tsp)
- 5 ml Worcestershire sauce (1 tsp)
- 12 g cornstarch mixed with 20 ml cold water
- Freshly ground black pepper; optional salt only after tasting
- Optional garnish: sliced scallions or chopped cilantro

Instant Pot method

1. Pat beef dry. Select **Sauté (High)**, add **10 g oil**, and brown the beef in 2–3 uncrowded batches, about **1–2 minutes per side** where it touches the pot. Transfer to a plate. Do not cook through.
2. Reduce to **Sauté (Normal)**. Add remaining **5 g oil** and the **onion**. Cook **5–6 minutes**, stirring. Add **garlic** and **ginger** and cook **30 seconds**. Stir in **8 g Madras curry powder** and **tomato paste** for **20–30 seconds**; do not scorch the spices.
3. Pour in **250 ml water** or unsalted stock and scrape the bottom completely clean to prevent a Burn warning. Return **beef** and accumulated juices.
   Add **carrot**, **mushrooms**, **soy sauce**, **honey**, **Worcestershire sauce**, and **pepper**. Stir.
4. Lock the lid; set **Pressure Cook (High)** for **25 minutes**. Allow **15 minutes natural pressure release**, then carefully release remaining pressure.
5. *Check beef tenderness. If still tough, pressure-cook another 5 minutes and release pressure safely before continuing.*
6. Select **Sauté (Low/Normal)**. Stir in **coconut milk** and heat gently for **3–4 minutes** without a hard boil. Taste; add **up to 2 g more Madras curry powder** if needed, simmering briefly to cook out the raw spice flavor.
7. Stir **cornstarch** slurry again, pour into gently bubbling curry, and stir **1–2 minutes** until thickened. Taste before adding any extra salt. Garnish with **scallions** or **cilantro**.

Madras curry powder adjustment

Sun Brand Madras Curry Powder is an Indian-style spice blend rather than Japanese curry roux. It can taste warmer, more aromatic, and potentially hotter than S&B Japanese curry powder. Start with 8 g for a mild-to-moderate curry; use 10 g if you prefer a stronger curry.

Exact heat depends on the blend. The onion, honey, soy sauce, and Worcestershire provide a Japanese-style sweet-savory balance.

Serving and storage

Serve with 120–150 g cooked Japanese rice per person, if desired. Refrigerate promptly and use within 3–4 days, or freeze in meal-size portions. The coconut sauce may separate slightly when thawed; reheat gently while stirring.

Nutrition — estimated per serving (1/5 of curry; no rice)

~370 Kcal | Protein ~34 g | Fat ~20 g | Saturated Fat ~10 g | Carbs ~15 g | Sugars ~7 g | Fiber ~3 g | Sodium ~220 mg | Omega-3 ~0.1 g

With 130 g cooked Japanese white rice: approximately 590 Kcal | Protein ~37 g | Fat ~20 g | Carbs ~63 g.

Nutrition is an estimate using lean raw beef round, regular coconut milk, unsalted liquid, and the full sauce. Beef trimming, coconut milk, Worcestershire, soy sauce, and rice brands affect values; additional salt is not included.