

BEEF CURRY

Aromatic spices and succulent beef make this recipe a winner!

NORMAL	10MINS	2.5 HOURS	4

Ingredients

- 1 1/2 kg beef rump steak, diced
- 1 tbs curry powder
- 1 tbs ground cumin
- 1 tbs ground coriander
- 1 tsp ground turmeric
- 1 tsp chilli powder
- 4 red chillies, small
- 3 garlic cloves crushed
- 1 tbs grated ginger
- 1 onion cut into wedges large
- 400 g canned diced tomato
- 1/4 cup coconut milk
- 15 ml oil

Instructions

1. Brown the steak and onions in a wok or frying pan for 3 minutes on medium to high heat.
2. Add all the spices, garlic, ginger and chillies and cook for a further 1 minute or until fragrant.
3. Pour into an authentic curry pot or casserole pot.
4. Add the tomatoes and stir. Cook, covered, over low heat for at least 2 hours, stirring every 10-15 minutes.
5. Twenty minutes before serving, uncover, and stir in the coconut milk.
6. Serve on a bed of basmati or jasmine rice, with pappadams or naan bread.