

SLOW BRAISED BEEF & COCONUT CURRY

INGREDIENTS

1 tsp Cumin seeds
3 Red onions
50ml Vegetable oil
1 tsp Garlic puree
1 1/2 tsp Lemongrass puree
2 tsp Ginger puree
1 1/2 tbsls Madras curry paste
600g Diced beef
1 tin Coconut milk
1 pk Tomato passata
75g desiccated coconut
1 Beef stock cube
1 tsp Mixed dried herbs
1/2 Bunch Coriander
Salt and pepper to taste

1. Put the oil into a heavy bottomed pan and add in the cumin seeds. Heat up the oil and allow the seed to become toasted, this will take 2 - 3 minutes.
2. Finely slice the red onions and add them into the pan. Allow them to cook for 7 - 10 minutes, continually stirring and letting them become dark and soft with some slight caramelisation to them.
3. Add in the beef, ginger, garlic, lemongrass and curry paste and allow the paste to coat the beef completely.
4. Add in the coconut milk, passata, herbs, coconut and stock cube and bring to a simmer. Place a lid on the pan and place in a pre-heated oven at 140°C for 3 hours.
5. Once cooked the beef should be tender and rich with flavour. Finish with a handful of chopped coriander and serve with some cooked rice.

