



Beef & Lamb Curry



Servings: 4
Total Time: 7 hrs 30 mins
Cooking Time: 2 hrs 15 mins
Resting Time: 5 hrs (to mature)



METHOD

Cut up the meat into large cubes while keeping some lamb on the knuckles.

INGREDIENTS

500g beef boneless shin or chuck steak
 500g lamb knuckles
 2 Tbsp oil (coconut/light olive)
 1 tsp mustard seeds
 5 cardamon seeds (optional)
 1 bay leaf
 1 curry leaf
 2 onions, peeled, halved & sliced
 2 tsp finely chopped garlic
 2 tsp minced ginger
 ½ tsp mixed spice
 ½ tsp cinnamon
 2 tsp ground cumin
 1 Tbsp turmeric
 1 Tbsp coriander powder
 1 tsp curry powder
 1 Tbsp curry paste
 finely chopped fresh or dried chillies (to taste)
 ¼ tsp fine black pepper
 ¼ tsp freshly ground black pepper
 1 tsp salt
 2 Tbsp brown spirit vinegar
 1 Tbsp tomato paste
 1 tsp paprika paste (or ½ tsp powder)
 400g tin peeled & diced tomatoes & juice
 200ml water
 425g tin whole baby potatoes, drained
 1 Tbsp freshly chopped coriander leaves



Heat the oil in a large saucepan on a high heat and brown the meat all over. Mix in the seeds & leaves and cook for a further 1 min while stirring.

Stir in the onions and cook for 2 mins.

Add the garlic, ginger, mixed spice, cinnamon, cumin, turmeric, coriander powder, curry powder, curry paste, chillies according to taste (refer to the *Chilli Hotness Guide**), peppers, salt & vinegar. Cook for 2 mins while continually stirring.

Mix in the tomato and paprika pastes. Stir in the tomatoes (including the juice) and the water.

Bring to a boil and press the meat under the liquid. Cover, turn down the heat and simmer for 1 hr while turning the meat half way through cooking. Taste and season with more salt or chillies if required.

Gently fold in the potatoes (excluding the juice), replace the lid and simmer for a further 30 mins.

Turn off the heat & rest for at least 5 hrs.

Remove the bay leaf & curry leaf and, if a boneless curry is preferred, de-bone the meat & discard the bones.

Re-heat and garnish with fresh coriander before serving.



Exclude the potatoes or add raw chunks of 2 medium peeled sweet potatoes.

TIPS

* Beef curries are fairly dry while lamb curries are oily - use both for balance.

* To really improve the depth and taste of curry, it should ideally be rested overnight and can be kept in the fridge for up to 3 days and re-heated before serving.

SERVING SUGGESTIONS

Serve with *Naan Bread**, roti and/or basmati rice, and *Sambals (Curry Sides)**.



