

Madras Curry

Ingredients:

2 tblsp olive oil
1Kg chuck steak, cubed
2 tblsp tomato paste
1 cup of beef stock
½ tspn black pepper
1 tspn chili powder
2 cloves garlic
2 tblsp ground coriander
3 tblsp Lemon juice
1 tblsp ground cumin
1 tspn turmeric
2 tspn grated ginger

Method:

1. Combine together all the Marsala ingredients and store in the fridge.
2. Heat a heavy base saucepan to high temp; add a good tablespoon of oil.
3. Add the beef and brown it off for a couple of minutes the set aside.
4. Reduce the heat to medium and put your Masala. Cook this for about 1 minute then put the beef back in and coat it in the paste.
5. Add the tomato paste and stock to the pan and bring to the boil, then reduce the heat to low. Put a lid on the saucepan and let it all cook slowly for a little over an hour. By this time the sauce should have thickened up and the beef should be nice and tender.
6. At this point take the lid of a cook for 10 minutes more or until the sauce is the consistency you want it.
7. And that's it! Serve it with the rice and garnish with the mint leaves. I hope you enjoyed making this beef madras recipe and eating it as well!