



Slow Cooked Coconut Beef Curry

INGREDIENTS

- 1kg gravy beef. - cut into approximately 4-5cm chunks (If you can get this from a butcher the quality is far better than supermarket quality)
- 1 tin (400ml) coconut cream
- 1 large brown onion, diced
- 4 cloves of garlic, crushed
- 1tsp traditional curry powder
- 2 tsp Malaysian curry powder (I use the *Ayams brand that comes in a tin found in asian or Indian grocers. Other brands are fine)
- 1 tsp ground cumin
- 1 tsp ground coriander or crushed coriander seeds
- 2 tbsp fresh ginger - finely diced
- 1 long red chilli, de seeded and finely diced, Plus extra for serving optional.
- 2 tsp brown sugar
- 1 lime, zest and juice
- Salt & peper
- 1/2 bunch of fresh coriander, roughly chopped
- 6 shallots/spring onions, sliced
- 2 tbsp cornflour, dissolved in 4-5 tbsp cold water (no need till the last hour of cooking)

INSTRUCTIONS:

1. In a bowl (or slow cooker insert if it can be placed in fridge) place brown onion, garlic, curry powders, ginger, chilli, brown sugar, lime zest and juice, cumin, ground/crushed seeded coriander, salt & pepper with coconut cream. Stir to combine, place gravy beef into marinate and stir until coated. Please allow to marinate for at least 4hours but best overnight.
2. Once taken out of fridge allow to sit for 45min and then place into slow cooker and cook for 4-6 hours on low.
3. In the last hour of cooking, dissolve cornflour in cold water in a separate cup and stir through curry.
4. In the last 30minutes add the fresh coriander and shallots and season with salt and pepper again to taste as sometimes the slow cooker can deplete the taste of salt in the cooking process. You can add extra fresh chili if you would like the extra heat.

TIPS:

- Every slow cooker cooks differently. You want the gravy beef to be tender but not mush. I would suggest cooking it to the setting you find best to achieve this according to your experience with your slower cooker. Mine is perfect at 4hours low but others suggest 6hours low. Please avoid cooking it on high setting if possible.
- If you have some extra veggies you would like to add to the curry please do so. Some I can suggest are broccoli, green beans, snow peas (I would add this in the last 60-30 minutes of cook time) or cubed potato, pumpkin, sweet potato (add this at the start of the cooking process)
- Serve with some boiled rice and greek yoghurt combined with fresh or dried mint, lemon juice & salt.

