



BEEF MASSAMAN CURRY

Serves 4

Tip: Think about doubling all ingredients so you have leftovers.

INGREDIENTS

2 tbsp vegetable oil

650g Maleny Black Angus Beef chuck steak or gravy beef cut into 2.5cm cubes

1 cup coconut cream

2 tbsp massaman curry paste (you can make it from scratch but we use a good brand of Thai Massaman Curry Paste in a jar)

1 cup coconut milk

1 cup chicken stock

½ cup unsalted roasted peanuts

2 medium potatoes, peeled, cut into 3cm pieces

1 cinnamon stick

2 bay leaves

5 cardamom pods, lightly bruised to expose the tiny, brown seeds inside.
If pods are unavailable use dried seeds or ground cardamom

2 tbsp brown sugar

1 tbsp tamarind concentrate (available from most supermarkets but lime juice would be a suitable alternative if you can't find it)

1 tbsp fish sauce

METHOD

1. Heat oil in a large saucepan over medium-high heat until hot.
2. Add Maleny Black Angus Beef chuck steak cubes. Cook, stirring constantly, until evenly browned. Transfer to a plate.
3. Add 2 tablespoons coconut cream to pan. Cook over medium heat for 20 seconds or until hot.
4. Add curry paste. Cook for 1 minute or until aromatic.
5. Return beef and juices to pan.
6. Add coconut milk, stock, peanuts, potatoes, cinnamon stick, bay leaves, cardamom pods, sugar, tamarind concentrate, fish sauce and remaining coconut cream. Stir to combine.
7. Reduce heat to low. Cover and simmer, stirring occasionally, for 1 ½ to 2 hours or until beef is tender.
8. Serve with rice.

