SLOW COOKER INDIAN BEEF CURRY

Serves: 8 | Prep Time: 20 minutes
Cooking Time: 8 hours + 20 minutes

INGREDIENTS
4 tbsp vegetable oil
2 brown onions, diced
800g tinned diced tomatoes
6 tbsp Indian curry paste, e.g. Briyani or Sharwood's Korma Curry paste
1kg Maleny Black Angus Beef rump steak, diced
1 litre (4 cups) Maleny Black Angus Beef bone broth or beef stock
800g assorted vegetables cut into 3cm pieces/florets e.g zucchini, eggplant, cauliflower, green beans, carrots
400g Greek or natural yoghurt
4 tbsp fresh coriander
1 tbsp cornflour for thickening (if required)

METHOD

1. Heat 1-2 tbsp oil in a large frying pan over high heat.

2. Add onion and curry paste and cook on high heat for three minutes. Transfer to the slow cooker.

3. Add the remaining oil and a third of the Maleny Black Angus Beef rump steak to the frying pan. Cook, turning occasionally, for three minutes or until browned. Repeat in two more batches with the remaining beef, then transfer all to the slow cooker.

4. Next, add the tinned tomato and bone broth to the frying pan and stir to combine.

5. Bring mixture to a simmer, then pour into slow cooker over the onions, curry paste and beef.

6. Cover and cook on LOW for 5.5 hours.

7. Add the remaining ingredients to the slow cooker (i.e. vegetables, half the yoghurt and half the coriander) and cook for an additional 1.5 hours.

8. If the curry has too much liquid, put a tablespoon of cornflour into a separate small bowl and stir in 2-3 tablespoons of the curry liquid until you have a smooth mixture. Stir this back into the curry in the slow cooker.

9. Serve with steamed rice and papadums and garnish with the remaining yoghurt and coriander.

NOTE:

Leftovers will keep beautifully in the fridge for a couple of days or you can freeze it for up to three months.