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by Liz Robb

Beef Curry

Ingredients

1 large onion
2-3 cloves of garlic
A small piece of fresh ginger
1 teaspoon of ground turmeric
Salt
Black pepper
800-900g beef
sunflower oil
A knob of butter
1 level teaspoon of cumin seeds
1 level teaspoon of fennel seeds
1 level teaspoon of ground coriander
400g can of chopped tomatoes
1 teaspoon of chilli powder
1 teaspoon of garam masala
1 level teaspoon of brown sugar
1 lemon
200ml beef stock
2 tablespoons of thick plain yoghurt
Fresh coriander

Servings
3
Person

Preparation

1. Peel and roughly chop the onion, garlic and ginger. Place them in a small blender with 4 tablespoons of cold water and blend briefly. Add the turmeric, 4 more teaspoons of cold water and a grinding of salt and black pepper and blend again.
2. Gently cook the onion mixture in a small saucepan for 10-15 minutes, stirring occasionally,
3. Meanwhile, trim any fat from the beef and cut into bite sized cubes.
4. In a large pan, sauté the beef in the melted butter and a splash of oil for 6-8 minutes then remove to a plate with a slotted spoon; you will probably need to do this in two batches.
5. Grind the cumin and fennel seeds and the ground coriander together in a pestle and mortar. Add to the onion mixture and cook gently for 2 minutes.
6. Put the beef back in the pan with the onion mixture, canned tomatoes, garam masala, sugar, a tablespoon of lemon juice and a little zest. Pour in the hot beef stock, stir and heat. Cover and simmer gently for about an hour, stirring occasionally.
7. When you are ready to serve, stir in 2 tablespoons of yoghurt and garnish with a handful of finely chopped coriander.

Cooks Note

Enjoy this tasty Indian style curry with its wonderfully fragrant spices and tender pieces of beef without taking up too much time or effort.

Serve with basmati rice and chapatti or flatbread.