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by Liz Robb

A rich and satisfying curry, this Thai style Massaman curry is cooked slowly to give

tender chunks of beef in a delicious fragrant sauce.

Ingredients

700-800g lean stewing steak
450g small Maris Piper potatoes
2 small onions
75g roasted cashew nuts*
400g can low fat coconut milk**
4 heaped tablespoons of Massaman curry paste***
1 tablespoon of ground cinnamon
200ml water
1 tablespoon of dark Muscovado sugar
1 tablespoon of fish sauce
1 lime
3-4 kaffir lime leaves
1 tablespoon of peanut butter
1 green chilli
100g green beans
1 red chilli
A few sprigs of fresh coriander

Servings
4
Person

Preparation

1. Cut the stewing beef into large pieces, trimming off any fat.
2. Peel the onions and slice fairly thickly. Peel the potatoes and halve or quarter to give large chunks.
3. Finely chop the cashew nuts.
4. Pour 40 ml of coconut milk into a large saucepan. Heat gently, stir in the Massaman curry paste and the cinnamon then cook for a minute or so.
5. Add the beef, cooking and turning it for just a few minutes to lightly brown the meat.
6. Stir in the prepared onion and potato then gradually stir in the rest of the coconut milk. Rinse out the can with 200ml of water and add to the pan.
7. Crumble in the sugar, add the fish sauce, the juice of half a lime, the kaffir lime leaves, half of the chopped cashew nuts and then stir in the peanut butter. Bring to simmering point.
8. Pour into the warmed slow cooker and cook on high for 3 hours, or on low for 5-6 hours, until the meat is really tender.
9. Adjust the sauce if necessary, adding more water if it is too dry. If it is too thin, mix 2 tablespoons of cornflour with a little water and a splash of fish sauce and stir in.
10. Deseed and chop the green chilli. Trim and halve the green beans. Stir both into the curry and cook for a further 10-15 minutes.
11. Serve garnished with chopped red chilli, a little finely chopped coriander and the remaining chopped cashew nuts. Lovely served with jasmine rice.

Cooks Note

*I like to use cashew nuts but you can use peanuts instead.
**I use low fat coconut milk to keep the fat content of the meal down; it works perfectly well, but you will have a richer sauce if you use full fat instead.
***Adjust the amount of Massaman curry paste to suit your tastes and the heat of your chosen brand.