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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.
