

Rob's Curry Method December 2011. For 750 gms of Beef or Lamb

Preparation -

Sauté one large blended onion in Ghee or Olive oil with 1" Cassia Bark & 2 Bay leaves until onion is light brown and tastes sweet – usually takes 30 mins. Stir often and leave lid on while simmering to prevent drying. Remove bay leaves and Cassia when done. Use plenty of oil, it can be used to brown the beef. Excess oil can always be drained off at the end of cooking the curry.

While Onions are Sautéing, prepare Marinade -

Marinate 750gms of Gravy Beef or Large chunks of Lamb overnight in 150mls red wine, a squeeze of half lemon, ½ tin of diced tomatoes and **either**

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| 1 Tab of spice mix | OR | Marinade mix of – 1 teaspoon Tandoori Marsala Powder 1 teaspoon of Cumin Powder, 1 teaspoon of Turmeric, 1 teaspoon of Garam Marsala |
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Cooking the Curry –

Dice 2-8 fat Chillies, Dice 4-8 cloves garlic, add 2 tabs ginger paste and mix all these together.

Remove & Drain Beef from the Marinade, then Brown the meat - use excess oil from Onions & add more Olive oil in necessary. Set the browned meat aside to rest.

Boil the marinade, then add a little water to thin gravy consistency. Blend. Pour over the resting meat.

Re heat onions, add the combined Garlic, Chillies & Ginger Paste for 2-3 mins on medium heat, so as not to burn the Garlic, making sure there is enough oil so that when the 3 tabs of spice mix are added it won't go dry. Excess oil can always be drained off at the end of cooking the curry.

Turn heat to high, wait 10-30 seconds then add 3 tabs spice mix, stir quickly into the Onion, Garlic, Chilli & Ginger paste for 10-15 seconds no more, spice mix must not burn!, then pour in gravy and beef to cool spice mix down. Stir, still with heat on high. Add water if necessary and sizzle fiercely (10 mins overall)

– for more chilli heat add T spoons chilli powder. I usually add 5.

After 10 mins add heaps of chopped Thai Coriander, put in 105C oven 2 hours

Test around 90 mins to see if meat is going too soft or is not cooking enough and adjust heat if necessary. Curry is cooked when red oil is floating on top and beef firm but tender.

Put in fridge 24hrs then reheat and eat or freeze portions for later.

NOTES: 750gms of meat is for 3 generous portions.

I use 1 Tin of tomatoes per 1000gms of meat.

I use 1 Tab of spice mix per person and one for the marinade.