



Beef curry with rice

Ingredients, (2 portions):

- Lean beef, cut into strips, 200g/8oz
- Sunflower oil, 5ml/1tsp
- Onion, diced, 100g/4oz
- Garlic clove, crushed/diced, ½ clove
- Plain flour, 5g/¼oz
- Curry powder, 5g/¼oz
- Tomato puree, 12g/½oz
- Beef stock,* 250ml/½pint
- Sultanas, 12g/½oz
- Mango chutney, 12g/½oz
- Dessicated coconut, 5g/¼oz
- Apple, diced, 25g/1oz
- Ground ginger, 5g/¼oz

Method:

1. read the **entire recipe** first then check, weigh and prepare **all of the ingredients above**.
2. **carefully** wash the meat under **cold** running water, **dry**, then cut into **strips**.
3. **heat** the oil in a large heavy-based pan then, **carefully**, add the beef. At this stage you can add pepper, if required. **Lightly brown** on both sides, **draining off any excess fat**.
4. add the **diced** onion and garlic. Cover the pan with a lid and **gently cook** for **3 – 4 minutes**.
5. **mix** in the flour and curry powder, then the tomato puree. **Gradually** add the stock **a little at a time**.
6. bring to the **boil**, then add the rest of the ingredients and **simmer** until cooked.
7. while the curry is **simmering**, bring a pan of water to the **boil** then add the rice, stir, **carefully**, with a **wooden spoon**, and **gently boil** until cooked. The rice should have a **slight bite** to it. Drain and rinse with **boiling water** to remove excess starch and serve.

*To minimise salt content, only use as much as you need. Usually manufacturers recommend 750ml, ($\frac{3}{4}$ pint), of cold water to every stock cube, eg. 375ml = $\frac{1}{2}$ cube. This is a healthier and more economical practice. If possible, use cold water without the stock cube