

TREN'S ORIGINAL BEEF & POTATO CURRY 4 serves

NOTE: always best with sambal.



Allow 2 hours all up + 1 hour sitting time - this is important!

**Measures - $\frac{1}{4}$ $\frac{1}{3}$ $\frac{1}{2}$ $\frac{2}{3}$ $\frac{3}{4}$ ^o
175-225g onion, potato = Medium**

PNB = Prep night before

ingredients:

2 tbsp peanut oil

1 tbsp butter

PNB 500g Oyster Blade, trim, chunk, keep blood NB: Meat chunks MUST be thick.

PNB 2 medium brown onions, peel, chop, blitz lightly. Do not blitz to mush! (add juice). Finely chopping is an alternative, as you want edges to catch when cooking.

400g 2 medium spuds, peel, dice into pieces, 28 in all

2 tsp minced ginger

1½ tsp garlic

1¼ tsp ground turmeric

1¼ tsp ground coriander

2 tsp Malaysian curry powder

scant 1 tspn salt

3 shakes white pepper

Up to ½ cup liquid - blood, onion juice, filter water

Serve with - $\frac{3}{4}$ cup either, Basmati rice, Kitchiri, Spinach rice (2 x 1 tbsp frozen portions & butter), papadums, chutney, sambal (important as a moistener)

Have all ingredients at hand.

method:

1. Place largest, black handled Esteele pan on small front burner, on medium heat. Add oil & butter sizzle off most of butter, (whey).

2. Increase heat to high, add blitzed onion, bring to temp then reduce to medium, cook & stir 20 mins, lid on or ajar or off, continually check & stir, incorporate; brown pan scrapings. Onion must gently fry! You may need lower heat or add, at max, a slurp, of liquid to prevent burning. When 20 mins is up, the onion will

be soft, golden & starting to brown.

3. High heat, add the meat and stir.

4. Add 1-2 tbsp blood water, add ginger, garlic, turmeric, coriander, curry powder, salt & pepper. Stir 2 min. bring to boil.

5. Cover, reduce heat to as low as possible, cook 15 mins whilst you get the spuds ready.

6. Increase heat to high, add spuds, stir 2 mins until well combined & coloured. Press down spuds to mostly submerge. Only add liquid if no moisture remains!

Swivel lid on, lower heat to gentle simmer, cook covered 45 mins, stirring twice to re-position spud. At 2nd stirring, check that spud is

not already breaking up, if so take appropriate action. Ensure when lid goes back on that a GENTLE simmer remains.

7. Sample meat & spud for doneness & whether seasoning has a balanced flavour, adjust if required. If meat & spud are undercooked, gently cook another 10 mins or what ever works. We don't like under-cooked potato!

8. Swivel lid on, turn off heat & leave pan untouched on front burner for at least 1 hour.

ENJOY!