

# Save Our Stomachs

## COCONUT BEEF MADRAS



This flavoursome aromatic curry uses economical stewing or braising beef, perfect for long, moist cooking and available at your local supermarket or independent butcher. If you prefer a more fiery curry use a hotter curry sauce or add 1-2 finely chopped fresh chillies.

This recipe serves 6 people and takes 10 minutes to prepare and 2-2½ hours to cook.

### **Cooking equipment you will need:**

a large non-stick frying pan  
a large bowl  
a large saucepan with a lid  
a chopping board  
a sharp knife  
a wooden spoon  
a garlic crusher (if you have one)

### **Ingredients you will need:**

3tbsp oil  
900g Quality Standard boneless stewing or braising beef  
Salt and pepper  
2 large onions  
2 garlic cloves  
1 large jar Madras curry cook-in sauce  
Small handful desiccated coconut  
Small handful fresh coriander leaves

### **To prepare your ingredients:**

- Cut the beef into medium-sized cubes the size of a 50p piece
- Finley chop the onions
- Finely crush or chop the garlic
- Roughly chop the herbs

**To cook the recipe:**

- Place the beef in the bowl and season with salt and pepper.
- Heat 2tbsp of oil in the frying pan and brown the meat in batches for 3-4 minutes. Transfer to the large saucepan
- In the same frying pan add the remaining oil and cook the onions and garlic over a low heat for 10-15 minutes until lightly brown and add to the saucepan with the beef
- Stir in the curry sauce, bring the sauce to the boil, reduce the heat, cover and simmer for 2-2½hours, stirring occasionally
- Garnish with the coconut and coriander and serve with plain rice, naan bread or poppadums, a salad and a selection of chutneys or relishes