

Curries and Tagines

PREP TIME 20 MIN | COOK TIME 5 HOURS | SERVES 10

YELLOW CURRY BEEF SHORT RIBS, CASHEWS

Method

1. Pre-heat oven to 140 ° C - 160 ° C, 60% steam, 40% dry heat.
2. Heat half the oil in a large pan over high heat. Season short ribs on all sides with salt and pepper. Working in batches, sear short ribs on all sides until deeply and evenly browned all over. Place short ribs meat side down, bone up in a gastronome.
3. Return pan to a high heat add remaining oil in a pan, add onions, garlic and ginger, star anise, cinnamon, and curry paste. Stir to combine, cook for 3-5 minutes or until aromatic. Add kaffir lime leaves, beef stock, fish sauce, palm sugar and coconut cream. Bring to a simmer, stirring occasionally for 3-5 minutes. Pour over ribs, cover with baking paper and foil. Place in the oven and cook for 2 ½ hours.
4. To Serve: Serve ribs with sauce, garnished with fried shallots, roasted cashews and coriander. Accompaniments of steamed rice and broccolini with chilli and cumin.

INGREDIENT LIST

Beef

- MSA Short Ribs 4 x 3 rack rib sets

Other ingredients

- 60mls vegetable oil
- Salt and pepper to season
- 200g brown onions, sliced
- 25g garlic, crushed
- 15g ginger, grated
- 4 star anise
- 2 cinnamon sticks
- 300g yellow curry paste
- 3 kaffir lime leaves
- 500mls beef stock
- 35ml fish sauce
- 35g palm sugar (or brown sugar)
- 800mls coconut cream
- 50g fried Shallots,
- 200g cashews, roasted

Serving Suggestions

- Steamed rice
- Broccolini with chilli & cumin

