

Pro Tip Recipes

PREP TIME 25 MIN | COOK TIME 2-3 HOURS | SERVES 10

CAMBODIAN COCONUT BEEF CURRY

Method

1. Heat oil in a large deep wok over medium high heat. Add beef, season with salt and pepper. Cook beef in batches, turning, until browned, remove from wok. Set aside.
2. Return wok to medium heat, add onions and capsicums and cook, stirring often, for 5 minutes. Add chillies, garlic and ginger, cook stirring for 1 minute and add cinnamon, coriander and curry powder and cook, stirring for 30 seconds or until aromatic. Return beef to wok, add coconut cream, coconut milk, stock and tamarind.
3. Reduce heat to a simmer and cook for 2 - 2 1/2 hours or until beef is tender. Add peas, stir to combine and top with almonds and coconut. Garnish with coriander and green onions and serve with steamed rice and roti.

INGREDIENT LIST

Beef

- 3kgs Beef, Chuck Steak, cut into 2-3cm

Other Ingredients

- 60mls oil
- Salt and pepper to season
- 400g brown onions, finely sliced
- 400g green capsicums, deseeded, diced
- 20g finely sliced long green chillies
- 25g garlic cloves, crushed
- 40g finely chopped fresh ginger
- 2 cinnamon sticks
- 30g ground coriander
- 60g curry powder
- 400mls coconut cream
- 400mls coconut milk
- 1 litre chicken stock
- 50g tamarind puree
- 500g frozen peas, thawed
- 70g flaked almonds, toasted
- 50g shredded coconut, toasted
- Coriander and thinly sliced green onions, to garnish

Serving Suggestions

- Steamed Rice
- Roti

