

Beef Curry - the new English favourite

Feeds 4

Time to cook: approx. 2 hours

Oven temperature: Gas mark 4-5 180°C

Ingredients:

- Lean beef cubes (braised cubes, chuck, blade and stewing cubes, shin and leg.)
- Flour
- Oil
- Onion
- Curry paste
- Stock
- Sultanas & dried apricots

METHOD:

Take 450g lean beef cubes and toss in 30ml (2tbsp) flour. In a large pan heat 15ml (1tbsp) oil and cook the cubes for 4 - 5 minutes until browned. Add 1 onion, sliced, and 15ml (1-2tbsp) curry paste and cook for a further 2 - 3 minutes.

Pour over 450ml stock and add 30ml (2tbsp) sultanas and 30ml (2tbsp) apricots. Bring to the boil and simmer for 2 hours or until the meat is tender.

SERVE: with boiled rice and poppadoms and a selection of traditional side dishes of sliced banana, melon balls and mango chutney.