



# BEEF MASSAMAN



## Ingredients

<ul style="list-style-type: none"> <li>• 1kg Beef chuck steak, diced</li> </ul>	<ul style="list-style-type: none"> <li>• 5g Salt and pepper</li> </ul>
<ul style="list-style-type: none"> <li>• 10g garlic</li> <li>• 10g ginger</li> </ul>	<ul style="list-style-type: none"> <li>• 20ml veg oil</li> </ul>
<ul style="list-style-type: none"> <li>✓ Combine all and split into two stainless steel ½ bain maries</li> <li>✓ Cook both in oven on convection 240° for about 30 minutes till browned and cooked, stir about every 10 minutes SET ASIDE</li> </ul>	
<ul style="list-style-type: none"> <li>• 250g onion 2cm dice (approx.)</li> </ul>	<ul style="list-style-type: none"> <li>• 10g garlic</li> </ul>
<ul style="list-style-type: none"> <li>• 25 ml veg oil</li> </ul>	<ul style="list-style-type: none"> <li>• 10g ginger</li> </ul>
<ul style="list-style-type: none"> <li>• 100g Massaman Curry paste</li> </ul>	
<ul style="list-style-type: none"> <li>✓ Fry all together in big pot till onions are soft</li> </ul>	
<ul style="list-style-type: none"> <li>• 15 ml fish sauce</li> <li>• 10g Lime Juice</li> </ul>	<ul style="list-style-type: none"> <li>10g Shrimp Paste</li> <li>10g Tamarind paste</li> </ul>
<ul style="list-style-type: none"> <li>✓ Deglaze with fish sauce, Lime juice, Shrimp and Tarmaind paste simmer for 2 minutes</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 x 425ml coconut cream</li> <li>• 50ml water</li> <li>• 1 Cinnamon stick</li> <li>• 75g roasted peanuts</li> </ul>	<ul style="list-style-type: none"> <li>• 10 lime leaves &amp; Bay leaf</li> <li>• 10ml soy sauce</li> <li>• 1 Star anise</li> <li>• 5g Salt &amp; pepper</li> </ul>
<ul style="list-style-type: none"> <li>✓ Add to pot, bring to the boil and then ADD COOKED BEEF AND JUICE to the pot and cook on no.1 for 2 hours, stirring occasionally</li> <li>✓ After 2 hours skim off the majority of the fat</li> </ul>	
<ul style="list-style-type: none"> <li>• 250g potato, peeled and 2cm dice</li> </ul>	
<ul style="list-style-type: none"> <li>✓ Cook convection 220° for 20 minutes till cooked and browned, SET ASIDE</li> </ul>	
<ul style="list-style-type: none"> <li>• 25g plain flour</li> </ul>	<ul style="list-style-type: none"> <li>• 25ml water</li> </ul>
<ul style="list-style-type: none"> <li>✓ Whisk together in medium stainless steel bowl</li> <li>✓ Ladle 1 ladle of curry sauce from pot into flour mix in bowl,</li> <li>✓ then then whisk flour mix into curry sauce in pot to thicken it. Whisk well</li> <li>✓ then ADD COOKED POTATOES and simmer for 15 minutes.</li> <li>✓ Portion into take away containers</li> </ul>	