

CURRIED BEEF / LAMB / PORK VINDALOO

Hot stuff with a great flavour. An all time favourite amongst Indian Curry lovers all over the world.

Ingredients:

500 grams diced lean meat of your choice washed well under cold running water and drained.

Approx 1/3rd cup Vegetable / Olive oil.

3 red / green fresh chillies, seeded, crushed or finely chopped

3 – 6 Dry red chillies or ½ level tsp dry chilli powder

3 cloves garlic, crushed or finely chopped

1/2 tbsp. vinegar (Preferably white and naturally brewed)

1 large Onion finely chopped.

2 tbsp. tomato paste

1 tbsp. curry powder or 2 tbsp. curry paste (Coles & Woolworth carry it)

*2 bay leaves

1 tsp. brown sugar

*1 tsp. turmeric

1 tbsp. lemon juice

1 tsp. salt

*1/2 tsp. mustard seed

*1/2 tsp. each of cinnamon, cloves, ginger, basil, black pepper, ground cayenne, cumin, & coriander

One cup of beef or vegetable broth or just plain water

- **Hints:** If u do not have any of the spices marked *, no worries, u still have one great dish going as long as u work through the preparation process as mentioned below.
- Use the above measures to serve more or less people and use less or more Chilli's to suit your taste

Tsp = Tea spoon; Tbsp = Table spoon. Always use level tsp or tbsp, NEVER heaped!



Preparation:

1. Heat oil in large pot, not a pan!!!! Add cubed lean meat and sauté all sides until golden brown for approximately 4 - 5 minutes on medium heat.

2. Add onions, chillies, garlic, curry powder, turmeric, spices and mustard seed. Stir in 2 – 3 minutes till an aroma develops.

3. In a bowl, mix together tomato paste, sugar, lemon juice, and beef broth. Then pour half the mixture over the meat gently and cook on medium to high flame stirring constantly till almost dry. Reduce flame and pour over balance mixture. And mix thoroughly. If too thick, add a little water

4. Cover with lid and let simmer on low heat for 1/2 hour. Stir occasionally. Leave the lid on whilst not stirring. Meat should be tender now. Try a piece and check overall flavour, salt, aroma and adjust if necessary by adding more stock or water if the mixture begins to dry out or is too Hot.

5. If you want sauce to be thickened, add a little cornstarch. Mix 1/2 tea spoon in half cup of water and stir vigorously using a fork. Gently pour over while stirring. Stir the curry about 2 minutes. Cover and let simmer 3 - 5 minutes.

You may refrigerate leftovers for up to 3 days or freeze for upto 1 month. Just microwave and serve again.

Serves 4. Serve with rice and one or both of my easy side dishes.

SALAD

1 tomato, diced into small pieces 1 small onion, diced finally cucumber, peeled, cut into small pieces. Add salt to taste and a squeeze half a lime / lemon. Mix thoroughly and let rest in the fridge till cool. Mix again before serving. This side dish will compliment your meal.

MINT YOGURT

1 cup yogurt 2 tbsp. fresh mint, finely chopped. In a small dish, add one cup of yogurt add ¼ cup water and whisk. Add chopped mint, Salt to taste, 1 tsp sugar and mix well. I find a tablespoon of this and the rice helps when ones mouth is on fire. It cools it down to balance the whole meal.

Drinks

Sip away your favourite Merlot if you prefer to make the curry mild but if you prefer it hot, then a peppery Shiraz would be ideal, beer lovers just down it with a few chilled ones.

Happy Cooking!!!! Drop me an e-mail and let me know how you went at recipes@indiantandoor.com.au

Prinsho Oberoi