



Red Beef Curry

INGREDIENTS

Curry

- 70g curry paste
- 3 tbsp canola oil
- 200g thinly sliced beef – tenderloin
- 530ml coconut milk
- 65ml fish sauce
- 35g palm sugar
- 3 Thai eggplants
- 1 sliced long red chilli
- 1 sprig picked Thai basil leaves
- 3 kaffir lime leaves, chiffonade

Curry Paste (serves 6)

- 40g dried red chilli
- 10g coriander root
- 10g thinly sliced galangal
- 10g thinly sliced lemongrass
- 40g thinly sliced red onion
- 40g garlic
- 10g wild ginger
- ½ tsp cumin seed powder
- 1 tsp coriander ground
- Canola oil



Serves: 2



Prep Time: 35 min



Cooking Time: 20 min

METHOD

To make the curry paste

1. Put all ingredients in the food processor.
2. Blend until it becomes a smooth paste.
3. You may need to add canola oil.
4. Now your curry paste is ready to use straight away or freeze in portion sizes for later use.

To make the curry

5. Add the oil to a saucepan and sear the beef. Reserve.
6. Add the curry paste to the saucepan, fry on medium heat until fragrant.
7. Add coconut milk and bring to a boil.
8. Add fish sauce, palm sugar, eggplants and long red chilli, boil until sugar dissolves and the eggplants are almost cooked.
9. Add beef and bring to the boil then turn off the heat.
10. Add Thai basil to the curry, stir gently and transfer to a bowl. Garnish with kaffir lime leaves.



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