Beef massaman curry

Recipe by V-ZUG LTD



Preparation	30 Mins
Cooking time	1 Hrs
Portions	4
Appliance	Combair SE from 2015

Preparation

800 g sirloin steak, or beef ragout

2 tbsp massaman curry paste

Cut the beef into 5 cm chunks and mix together with the curry paste.

2 cinnamon sticks

10 cardamom, whole

5 cloves

500 ml coconut milk

250 ml bouillon

3 tbsp fish sauce

3 tbsp tamarind purée

3 tbsp palm sugar, ground

Mix the liquid ingredients, then add the spices and sugar.

3 potatoes, waxy

2 cm ginger

Peel the potatoes and cut into 2 cm chunks. Peel and grate the ginger.

(Pre-)heat cooking space to 180 °C with Hot air humid

Put the meat, potatoes and ginger into the porcelain dish and pour over the liquid. Put the porcelain dish on to the wire shelf in the preheated cooking space. Cooking

Put the food in

Hot air humid 180 °C for 1 Hrs

55 g peanuts, salted

Garnish the finished dish with peanuts.

Accessories

Porcelain dish ½ GN, depth 65 mm

Additional information

Created on	11.12.2019