Beef massaman curry

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制备过程	30 分钟
烘烤的时间：烘烤时间取决于机器	1 小时
份	4
电器	Combair SE 自 2015 年

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.

将发酵桶预加热 湿热风 到 **180 °C**

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

放入食物

在 湿热风 期间为 **180** **1** 小时°C

55 g peanuts, salted

Garnish the finished dish with peanuts.

配件

Porcelain dish ½ GN, depth 65 mm

附加信息

创建时间	11.12.2019