# Beef massaman curry

מתכון מאת V-ZUG Ltd.



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| Preparation | 30 Mins |
| Cooking time | 1 Hrs |
| מנות | 4 |
| התקן | Combair SEP 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.

## אביזרים

Porcelain dish ½ GN, depth 65 mm

## מידע נוסף

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| הופק ביום | 11.12.2019 |