



### **MASSAMAN BEEF CURRY**

800G CUBED STEWING BEEF  
3 TBS MASSAMAN CURRY PASTE...SHOP BOUGHT  
OR SEE RECIPE BELOW  
10 GREEN CARDAMON SEEDS  
2 CINNAMON STICKS  
3 STAR ANISE  
8 SHALLOTS PEELED  
2 CANS COCONUT MILK  
1 CUP WATER  
1 1/2 TBS FISH SAUCE  
5 NEW POTATOES  
1/2 TBS TAMARIND PASTE  
2 TBS BROWN SUGAR  
4 TBS UNSALTED PEANUTS  
HANDFUL FRESH BASIL  
OIL FOR FRYING



#### **METHOD**

COAT BEEF IN MASSAMAN PASTE  
HEAT OIL [ PEANUT OR OTHER]  
ADD CARDAMON, CINNAMON AND STAR ANISE, COOK FOR 40 SECONDS.  
ADD SHALLOTS COOK UNTIL GOLDEN, ADD BEEF COOK FOR 2 MINS TURNING ALL  
THE TIME.  
ADD COCONUT MILK WATER AND FISH SAUCE,  
BRING TO BOIL, REDUCE HEAT AND SIMMER  
FOR 1 1/2 HOURS.  
ADD POTATOES AND PEANUTS COOK UNTIL  
POTATOES ARE COOKED. REMOVE FROM  
HEAT , ADD TAMARIND SUGAR AND BASIL.



### **MASSAMAN CURRY PASTE**

15 DRIED RED CHILLIES  
1 TBS CORIANDER SEEDS  
1 TEASP CUMIN SEEDS...GROUND  
1 CINNAMON STICK....GROUND  
3 CLOVES...GROUND  
4 PEPPERCORNS....GROUND  
4 TBS GARLIC ...CHOPPED  
4 SHALLOTS...CHOPPED  
1 HEAPED TEASP SHRIMP PASTE  
1-2 STICKS LEMONGRASS CHOPPED  
1 TEASP GALANGAL ROOT CHOPPED  
1 TEASP FISH SAUCE

SOAK CHILLIES IN WATER FOR 10 MINS THEN DESEED  
DRY FRY THE DRY SPICES ON A WOK / FRYING PAN [ NO OIL] TO RELEASE THE  
FLAVOURS....FEW MINS  
GRIND TO A FINE POWDER IN PESTLE AND MORTAR OR FOOD PROCESSOR/  
BLENDER  
ADD ALL OTHER INGREDIENTS AND GRIND TO A FINE PASTE. STORE IN THE  
FRIDGE FOR UP TO 2-3 MONTHS