

Gill's Gourmet Gallery

Beef curry

Ingredients:

1tbsp oil, 3 cloves of minced garlic, 2 red chilli peppers minced,
2 large onions, chopped, 1 tsp of ground allspice, 1 tbsp dried thyme,
2 tbsp of freshly grated ginger, 2 tbsp of curry powder,
2 pounds of lean beef - such as stew or sirloin beef, cut into 1" pieces
2 cups of chicken or beef broth, 2 large potatoes, chopped into quarter pieces,
1 bag spinach, mange tout, 10 small broccoli florets,
4 Small corncobs chopped into 1 inch pieces
Salt and pepper to taste

Method:

Bring a large pot to medium heat. Add the oil and place in the pot the garlic, ginger, onion, chilli peppers and thyme. Sauté for about a minute. Add the curry powder and allspice. Stir the mixture for about 3 minutes making sure to evenly coat the onion with spices. Add the beef and cook until browned. Add the potatoes and pour in the chicken or beef stock and add salt to taste. Reduce the heat to a simmer and let cook for 1-1½ hours.
30 minutes before serving add the mange tout, corn, broccoli florets and spinach.

Note: You could add other greens like pak choi or beans.

Serve with crusty bread or with rice.

