



Red Beef Curry

INGREDIENTS

Curry

- 70g curry paste
- 3 tbsp canola oil
- 200g thinly sliced beef – tenderloin
- 530ml coconut milk
- 65ml fish sauce
- 35g palm sugar
- 3 Thai eggplants
- 1 sliced long red chilli
- 1 sprig picked Thai basil leaves
- 3 kaffir lime leaves, chiffonade

Curry Paste (makes 350-420g)

- 24g Dried Chinese Red Chilli
- 36g Dried Guajillo Chillies
- 10g Coriander Root
- 15g Galangal (thinly sliced)
- 1 Lemongrass (thinly sliced)
- 50g Spanish Onion (thinly sliced)
- 50g Garlic (peeled)
- 12g Ginger (thinly sliced with Skin)
- 1 tsp Ground Cumin
- 1 ½ tsp Ground Coriander
- 400-500ml Canola oil



Serves: 2



Prep Time: 35 min



Cooking Time: 20 min

METHOD

To make the curry paste

1. Place dried chillies in a blender first and blitz until fine powder.
2. Then add the rest of the ingredients in the food processor, from the toughest ingredient to blend to the easiest ingredient to blend.
3. Add a Chef's dash of oil to help start the blitzing process.
4. Blend until it becomes a smooth paste, stopping and scraping the blender when needed and add a little more oil at a time.
5. Make sure to blitz until the paste is very fine. Now your curry paste is ready to use straight away or freeze in portion sizes for later use.

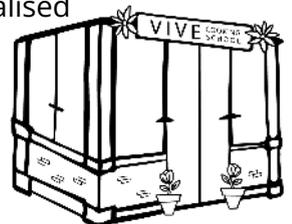
To make the curry

6. Brown the sliced beef in the pan with oil and salt. Ensure you have a good colour before mixing, then remove from the pan and set aside.
7. Add the curry paste to the saucepan, fry on medium heat until deep and dark in colour.
8. Add fish sauce, palm sugar, eggplants, kaffir lime leaf and long red chilli. Using a wooden spoon, scrape the bottom of the pan to remove all the caramelised flavour on the bottom.



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9. Add coconut milk and bring to a boil, then reduce to a simmer and cook until eggplants are tender.
10. Return beef and bring to the boil, turn off and stir through the Thai basil. Plate with freshly steamed rice and Enjoy



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