

ALAGAPPA BEEF CURRY RECIPE



Ingredients (four people):

- 60gms Alagappa Beef Curry Powder.
- 1 kg Boneless blade steak.
- 2-3 Onions (one sliced into rings, two sliced into quarters).
- 2-3 Large potatoes (chopped into eights).
- 2 Tablespoons Oil.
- 1-2 Cloves of garlic (thinly sliced) or two teaspoons of bottled garlic paste.
- 1 Small knob of ginger (thinly sliced) or one teaspoon of bottled ginger paste.
- 1/2 Teaspoon salt.
- 1 Cup desiccated coconut.
- 1 Tin of coconut milk. (sometimes referred to as coconut cream).

Utensils:

- Mortar and Pestle.

Recipe:

1. Fry coconut in a non-stick fry pan until golden brown. Important that coconut is continuously stirred otherwise it will burn.
2. Place hot, browned coconut into mortar and pestle and pound until coconut turns into an oily paste. This may take a few arduous minutes, but it is good exercise! Place cloth under mortar to catch any spill.
3. Add 1/2 cup of warm water to meat/curry powder mixture; add coconut paste and mix thoroughly. Then set aside.
4. Place oil in a large heavy-based pan and heat. Add one onion (thinly sliced into rings), garlic and ginger and mix. Cook for a few minutes until onion is opaque.
5. Add meat mixture and 'dry fry' for several minutes. Then add 1/2 teaspoon salt and stir.
6. Using the unwashed bowl which had contained the meat mixture, add 1/2 cup of hot water and stir. Then pour water mixture into the meat mix and bring to boil for five to ten minutes. Then add the coconut milk and stir.
7. Allow to simmer for approximately one hour; stirring occasionally paying attention that it does not burn.
8. While curry mixture is simmering, peel potatoes and onions. Slice potatoes into eights and onions into quarters.
9. After curry has been simmering for one hour, add potatoes and onions and then allow curry to simmer for another hour ensuring the lid to the pan is in place otherwise moisture will be lost. It is important not to over-cook curry or stir too vigorously otherwise potatoes may disintegrate.
10. Stir periodically, but gently and observe moisture content of curry. If curry begins to thicken, add water. Similarly, add water if a 'runny' curry is preferred.
11. Curry is now ready to serve and enjoy.
12. Cook rice as per normal.
13. Be sure to freeze any left-over curry for consumption later. It 'matures' with age!

Clean-Up: Wash mortar and pestle in clear water only as detergent may taint the items and possibly spoil future food preparations.