

Massaman curry with beef

Ingredients required for 4 persons

Preparation time 120 minutes

Difficulty medium

Ingredients

500 g beef
400 ml coconut milk
3 EL Massaman curry paste
50 ml water
2 red onions
6 medium-sized potatoes
30 g ginger
1 chili pepper
1 red bell pepper
2 TL coconut flower sugar
2 TL ginger lemongrass spice oil
juice of one lime
2 TL soy sauce
4 EL peanuts, unsalted
fresh coriander



Preparation

Cut the beef into 1 cm thick slices. Heat the solid part of the coconut milk in a wok and stir in the curry paste. Add the beef and fry in the coconut curry paste mix for 2 minutes. Pour in the remaining coconut milk and 50 ml water to cover the meat. Bring to the boil and simmer for 90 minutes over low heat. Thin with water if necessary.

Cut the potatoes into bite-sized pieces, chop the onions and finely mince the ginger and chili pepper. Cut the bell pepper into thin slices. Add potatoes, ginger, chili and pepper to the wok and boil over moderate heat for 20 minutes. Season with coconut flower sugar, ginger lemongrass spice oil, lime juice and soy sauce.

Garnish with peanuts and fresh coriander.

By the way

Massaman curry is a traditional spice paste from the South of Thailand. It contains spices and herbs like kaffir lime leaves, lemongrass, chili and coriander seeds.