

Beef Dopiaza Curry

Serves 4

Cuisine: Indian

Preparation Time: 30 Minutes

Cooking Time: 2 Hours 20 Minutes

Ingredients:

900g Chuck steak, dice into 2 cm pieces
1 tsp Cumin seeds
1 tsp Coriander seeds
3 Cardamom pods, crushed (not ground)
1 tsp Fennel seeds
1 tsp Fenugreek seeds
450g Onions, peeled and sliced
3 Garlic cloves, peeled and crushed
3 Green chillies, deseeded and finely chopped
1 tbs Ground turmeric
1 tbs Root Ginger, grated
2 Tomatoes, skinned, deseeded and chopped
75g Coconut cream
275ml Boiling water
150ml Natural yoghurt
3 tbs Groundnut oil
Maldon sea salt and freshly ground black pepper

Method:

1. Roast the cumin, coriander, cardamom, fennel, fenugreek seeds/pods in a small frying pan over a medium heat for 1-2 minutes until it gives off a lovely aroma and the seeds start popping or until they look toasted. Transfer to a pestle and mortar and grind into a powder.
2. Place a large, heavy-based pan or casserole over a high heat and add the oil.
3. When it is very hot, add the meat to brown then remove to a plate.
4. Add the onions – add a little more oil as necessary – and fry for around 10 minutes until well browned.
5. Add the garlic and chillies and cook for a further 2 mins
6. Return the meat to the pan and add the crushed spices, turmeric, ginger and tomatoes. Stir well.
7. Add the coconut cream and the yoghurt. Add some water to loosen the mix as necessary.
8. Reduce the heat, place a lid over the pan and simmer for 2 hours (use a small hob ring – the big ones are usually too vigorous)

To Serve:

Adjust flavour with seasoning and place into a serving dish. Add the lime juice and sprinkle the chopped coriander leaves. Serve with Special Pilau Rice or plain boiled Basmati rice.

Chef's Notes: