

Burmese Beef Curry



With India on the West, China on its northern most borders and Thailand is eastern neighbour it is little wonder that Burma's food is something of a hybrid.

Burmese curries are cooked in a particular way, pureed onions, garlic and ginger are cooked in oil until they are tender and have taken on a little colour, then seasoning - in particular turmeric and usually chilli powder are added and fried further until the paste is thick and the oil has begun to cook back out the onions, forming a golden or red pool on the surface.

Beef, pork, poultry and fish are the principal ingredients used in curry making. The Burmese prefer freshwater fish to those from the sea, but Burma have plenty available from both sources.

Rice and soup are the pivotal dishes at a Burmese meal.

This Burmese beef and okra curry takes a little time to prepare but it's worth the effort.

INGREDIENTS

- " 1 kg beef, cut into 3 cm cubes
- " 250g of small potatoes
- " 175g okra, trimmed
- " 2 medium onions, roughly chopped
- " 3 garlic cloves, crushed
- " 3 tsp fresh ginger, finely chopped
- " 1 tsp ground turmeric
- " ½ tsp paprika
- " ½ tsp chilli powder
- " 4 tbsp vegetable oil
- " 1 tbsp sesame oil
- " 1 tsp ground cumin
- " 300 ml beef stock
- " 200 ml coconut milk

METHOD

1. Process the onion, garlic, ginger, turmeric, paprika and chilli in a food processor to form a thick paste. This can be done in a pestle and mortar if you do not have a processor at hand.
2. In the inner pot heat the vegetable and sesame oil.
3. Add to be processed onion mixture and cook on a low heat for about 15 minutes. The paste should be a golden brown colour with oil forming around the edges when it is cooked.
4. Add the beef and cumin. Stir making sure that it is well coated with the onion mixture.
5. Add the beef stock coconut milk and stir well. Bring to the boil.
6. Turn down the heat and allow to simmer five minutes.
7. Turn off the heat and put the inner pot into outer insulated container.
8. Shut the lid and leave to thermal cook without power for a minimum of three hours. The time will depend on the cut of beef. Cheaper cuts will require longer cooking.
9. Before serving check the seasoning.
10. Serve with rice or noodles.

NOTE: This meal is supplied by Chef Dave Kowles from the UK and is described for a 4.5 litre inner saucepan and so you will need to adjust quantities to suit if you are using something else.

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