



Coconut Beef Madras

A Simply Beef & Lamb recipe using the best The Organic Butchery ingredients.

Serves: 6

Prepare: 20 Minutes

Cook: 2 Hours 30 Minutes

Difficulty: medium

Ingredients

- 900g/2lb [organic diced beef](#)
- salt and freshly milled black pepper
- 45ml/3tbsp sunflower oil
- 2 large onions, peeled and finely chopped
- 6 garlic cloves, peeled and finely chopped
- 1 x 5cm/2inch piece fresh root ginger, peeled and finely chopped
- 2 red chillies, deseeded (if preferred) and finely chopped
- 30ml/2tbsp tomato purée
- 30-60ml/2-4tbsp Madras curry paste or similar
- 200ml/7floz coconut milk
- 150ml/¼pint water
- 2 small cinnamon sticks
- 45ml/3tbsp freshly chopped coriander, to garnish
- fresh coconut shavings, to garnish, optional

Method

1. Heat 30ml/2tbsp of the oil in a large frying pan, season the beef and brown the meat in batches for 3-4 minutes. Transfer to a large heatproof casserole dish
2. In the same frying pan heat the remaining oil and cook the onion, garlic, ginger and chillies over a low heat for 10-15 minutes until soft and lightly brown
3. Transfer to a food processor or mini blender and process until smooth. Return to the casserole dish and add the remaining ingredients except the coriander and coconut shavings
4. Bring to the boil, reduce the heat, cover and simmer for 2-2½ hours, stirring occasionally. Remove the cinnamon sticks before serving