

TRACEY'S SLOW COOKED YELLOW BEEF CURRY



- 1 Tbs Peanut Oil
- 600g Gravy Beef cut into 3cm pieces
- 4 French Shallots, thickly sliced
- 2 Tspn finely grated Ginger
- 1 Tbs Gourmet Garden Lemongrass Paste
- 2 Lime leaves, crushed
- 1/3 Cup (100g) Yellow Curry Paste
- 400ml can Coconut Cream
- 500g Pumpkin, seeded, peeled cut into 3cm pieces
- 200g Cherry Tomatoes
- 1 Tbs Brown Sugar
- 1 Tbs Fish Sauce
- 1 Tbs Lime juice

Heat the oil in a large deep saucepan over high heat. Add one third of the beef and cook, turning, for 3 mins or until brown. Transfer to a heatproof bowl. Repeat, in 2 more batches, with the remaining beef. Add shallot, ginger, lemongrass paste and lime leaf to the pan. Cook, stirring, for 1 min or until shallot softens slightly. Return the beef to the pan with curry paste. Cook, stirring, for 1-2 mins or until aromatic. Stir in coconut cream. Bring to a simmer. Reduce heat to low. Cover and cook, stirring occasionally, for 1 1/2 hours or until beef is tender. Add the pumpkin and cook, covered, for 20 mins or until pumpkin is just tender. Stir in the tomatoes, sugar, fish sauce and lime juice. Cook, covered, for 5 mins or until tomatoes collapse.

Divide the curry among serving bowls. Serve with steamed rice and garnish with coriander leaves, shredded lime leaves and lime wedges

Alternative: This can also be cooked on the stove top on low heat for 1 to 1/2 hours or until the meat is tender. Then add the pumpkin and tomatoes etc as per the slow cooker method.