

RECIPE

Beef Curry

INGREDIENTS

- 1 can coconut milk
- 500g Beef cubed
- 3 potato's
- 1 onion roughly sliced
- 1 eggplant cubed
- 1tbsp hot curry powder
- 1tbsp mild curry powder
- Tbsp ghee or butter
- 1tsp ground coriander
- 1tsp ground cumin
- ½ tsp cayenne pepper (optional)

METHOD

1. Place ghee or butter in a large fry pan, camp oven or slow cooker and heat
2. Fry the onion then brown the beef
3. Move to the side of the pan and add the herbs and spices and cook till aromatic
4. Place the eggplant and potato's in and cover with coconut milk
5. With the coconut can fill half way with water and add to the pan.
6. Stir all content to combine and cook on a medium heat for two to three hours depending on the consistency of the heat source
7. Serve on rice or with pita bread

SHOPPING LIST

- 500g Diced Beef
- Can of coconut milk
- Potato's
- Onion
- Eggplant
- Curry powder hot & mild
- Ghee or butter
- Ground coriander
- Ground cumin
- Cayenne pepper