

# SUPERSTEAM™

## Winter Warmer

# Massaman Beef Curry

### INGREDIENTS

1 cup chicken stock  
165ml coconut milk  
3 tbsp Massaman curry paste  
1 tbsp fish sauce  
1 tbsp lemon juice  
2 tbsp brown sugar  
1 large onion, chopped  
2 large desiree potatoes, peeled, cut into 3cm pieces  
1kg gravy beef, trimmed, cut into 3-4cm cubes  
2 tbsp plain flour  
3 dry bay leaves  
1 cinnamon stick  
3 cardamom pods



### INSTRUCTIONS

- Set Oven to CONVECTION > OVEN > WITH PREHEAT 180°C.
- In a 3 litre casserole dish combine the chicken stock, coconut milk, Massaman curry paste, fish sauce, lemon juice and brown sugar. Mix until well combined. Stir in onion and potatoes. Set aside.
- In a separate bowl combine the beef and flour. Mix until well coated. Add to the curry mixture. Stir in the bay leaves, cinnamon stick and cardamom pods. Mix until well combined ensuring beef is covered with liquid. Cover casserole dish with lid. Place on one of the baking trays provided.
- Place baking tray in the lower position. Cook for 2 hours, or until beef is tender, stirring half way through cooking.
- Serve with rice.

Serves 4-6

NOTE: Cooking time is based on Convection mode in the Sharp AX1500JS.

When using standard Convection Oven, preheat oven on 180°C and cook for 2 hours.