

Beef Kurma Recipe

(Malaysian Recipe)

Ingredients: Serves 6

1kg beef or 1 chicken, about 1.5kg
3 tablespoons ghee (clarified butter)
10 shallots, peeled and sliced
3 cloves garlic, peeled and sliced
2.5-cm stick cinnamon
4 cardamoms
4 tablespoons kurma curry powder,
mixed with a little water into a paste
1½ teaspoons salt
750ml coconut milk, squeezed from 1 grated
coconut with sufficient water added
2 rounded heaped tablespoons powdered milk,
mixed with 125ml water
1 lime, squeezed for juice
2 onions, peeled
4 sprigs mint leaves

Method:

Cut beef into small pieces. If using chicken, cut into bite-size pieces washed and drained. Slice off tapered tops of peeled onions. Then, make 2 cuts, forming an 'X', across newly exposed surfaces without cutting through. Prepared onions become flower-like with cooking. In an earthen pot, heat ghee and fry shallots, garlic, cinnamon and cardamoms until fragrant. Add curry paste and fry over low heat until fragrant. Add meat and salt. Cook over low heat until meat is almost tender, adding a little coconut milk to prevent meat from sticking to pot. Pour in remaining coconut milk and bring to the boil. Then, combine powdered milk mixture and lime juice and add to pot. When liquid returns to the boil, add onions and simmer over low heat for 20 minutes or until meat is tender and oil separates. Add mint leaves just before removing from heat.

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