Thai Red Curry Beef Recipe
(Thai Red Curry Beef Recipe)

Ingredients: Serves 4-6

1 tablespoon canola or peanut oil
1 yellow onion, peeled and thinly sliced
1 each red and green bell peppers (capsicums), seeded and sliced lengthwise into ¼-inch
  (6-mm) strips
1 cup (8 fl oz/250 ml) coconut milk
Thai red curry paste*
¼ cup (2 fl oz/60 ml) fish sauce
2 tablespoons chopped palm sugar
1½ teaspoons tamarind concentrate
1 teaspoon fresh lime juice
1 lb (500 g) beef tenderloin, cut across the grain into slices ¼ inch (6 mm) thick
2 tablespoons unsalted peanuts, toasted and chopped
5 fresh Thai basil sprigs
3 cups (15 oz/470 g) cooked long-grain white rice

Method:
In a large sauté pan over high heat, heat the canola oil until it is almost smoking. Add the onion and the red and green bell peppers and stir-fry just until tender, 5-7 minutes. Transfer the vegetables to a bowl. Return the pan to medium heat and add the coconut milk. Heat until it begins to bubble. Stir in the curry paste and simmer until the sauce begins to bubble, 3-5 minutes. Stir in the fish sauce, palm sugar, tamarind concentrate, and lime juice and bring to a low boil. Cook until the sauce begins to thicken, 7-10 minutes. Stir in the beef and vegetables and continue to simmer until the meat is just cooked through, 5-7 minutes. Transfer the curry to a warmed serving bowl. Garnish with the peanuts and serve at once with the rice.

*Thai Red Curry Paste:
To make the red curry paste used in this dish, in a mortar, combine 2 red jalapeno chilies, seeded and chopped; 3 cloves garlic, peeled and chopped; 2 shallots, peeled and chopped; 1 tablespoon peeled and chopped fresh galangal; 1 lemongrass stalk, bulb only, chopped, 1 tablespoon chopped fresh cilantro (fresh coriander) stems; 1 tablespoon ground coriander; 2 teaspoons ground cumin; and ½ teaspoon shrimp paste. Grind together with a pestle until a paste forms, adding 1-2 tablespoons water if needed to facilitate blending.

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