



www.cravingcurries.co.uk

Fragrant Beef Curry Spice Kit

Ingredients: cayenne powder, chilli powder, cinnamon stick, coriander powder, curry leaves, garam masala, garni bag, star anise, turmeric powder

Store in a cool, dry place.

Authentic, delicious homemade curries made easy! Craving Curries are a small family business, passionate about our curries and would like to share the experience with you!

Each curry kit comes with our step-by-step guide which allows you to have fun creating our twist on an authentic Indian curry which has all of the flavour without any of the additives or artificial colours!

For this curry you will need:

1 Craving Curries Fragrant Beef kit

2 tablespoons oil	800g diced beef
1 medium onion, finely sliced	3 green chillies, chopped
6 garlic cloves, grated	20g fresh ginger, grated
1 tablespoon tomato puree	½ cup warm water
Salt	
Option 1 - 1 x 400g tin coconut milk or	
Option 2 1 x 400g tin chopped tomatoes	
A large handful of fresh coriander leaves, chopped	

Method:

1. In a pan, heat the oil on a medium heat. Add the onion and the contents of **Spice Bag A/Green** and cook over moderate heat until the onions are lightly coloured, about 10 minutes.
2. Add the grated garlic and ginger and cook for 1 minute. Dissolve the tomato puree in ½ cup of warm water and add to the pan together with the contents of **Spice Bag B/Yellow** the salt and the chopped chillies.
3. Place the contents of **Spice Bag C/Blue** in the bouquet garni bag and place in the pan and stir until all the ingredients are combined.
4. Add the beef and again stir until the meat is coated with spices. At this point, the curry can be transferred and cooked in a slow cooker, cooked on the hob on a low heat with the pan covered until the meat is tender (about 1 hour and 30 minutes) or transferred to a suitable dish and cooked in the oven.
5. If the curry has been cooked in the oven or slow cooker, transfer to a pan and return it to the hob. If the curry has been cooked on the hob, leave the curry in the pan.
6. Remove and discard the bouquet garni bag. Add either the tin of coconut milk or chopped tomatoes together with the chopped coriander leaves. Leave the curry to cook for about another 10 minutes or until the gravy has reduced and thickened to the desired consistency.

The heat in this dish can be controlled by the amount and type of chillies used