

Beef Korma Recipe

Serves 4



Ingredients

- 100g olive oil
- 4 cardamom pods
- 3 bay leaves
- 2 cinnamon sticks
- 500g beef - diced into bite size pieces
- 4 medium size onions - quartered
- 3 green chillis
- 1 bunch coriander - roughly chopped
- 1 Tbsp ginger paste
- 1 Tbsp garlic paste
- 8 tomatoes pureed
- 1 litre coconut milk
- 1 litre coconut cream
- 500g thickened cream
- 60g garam masala
- Salt and pepper to taste
- Rice

The Method

1. Sautee the oil, cardamom pods, bay leaves, cinnamon sticks and beef in a pot on a medium heat
2. Puree the onions, chilli and coriander with a stick blender or food processor. Add to the pot and cook for 20 minutes.
3. Add the ginger, garlic paste & tomato puree and cook for further 10-15 minutes.
4. Add the coconut milk, coconut cream and thickened cream and simmer the sauce until the beef is tender.
5. Season to taste and add the garam masala.
6. Serve with rice.