

— JON'S —

# Tasty Thai

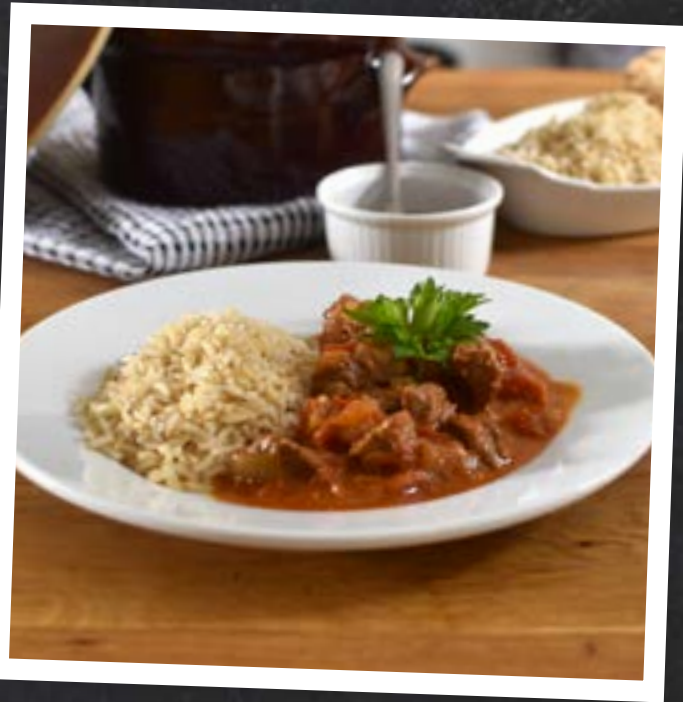
— CURRY —



MASSINGBERD - MUNDY

*Lincoln Red*

B E E F





**Do not be intimidated by the ingredients list – this curry is deceptively easy! Let it cook all afternoon and be rewarded with a deep, warming curry that will have you coming back for a second helping.**

## INGREDIENTS

- 800g Lincoln Red diced beef
- 3 tbsp sunflower oil
- 8 cardamom pods, split
- 1 piece of cinnamon stick
- 6 cloves
- 1 large onion
- 2in piece of ginger, grated
- 4 garlic cloves, crushed
- 4 tsp paprika
- 2 tsp cumin
- 1 tsp coriander
- 1tsp salt
- 1/4 tsp cayenne pepper
- 570ml water
- 85g full-fat yoghurt
- 1 can chopped tomatoes
- 1 large red pepper, cut into large chunks

## TO MAKE:

- 1.** Heat the oil in an oven-safe saucepan, and toast your spices for one minute, then remove.
- 2.** Brown the beef in your pan, in batches. Remove and drain on paper towels.
- 3.** Sweat your onions, ginger, and garlic, then add a splash of water. Cook for one minute.
- 4.** Return the beef to the pot. Gradually add the yoghurt. Stir, then add the remaining water, tomatoes and pepper.
- 5.** Cook in a 160°C oven for two hours. Serve with rice, flatbread and fresh parsley.

FOR THE FULL RECIPE, AND OTHER TASTY LINCOLN RED BEEF CREATIONS,

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