



## Indonesian Beef Curry

A rich sweet curry from Java

**Serves** : 4  
**Preparation Time** : 10 mins  
**Cooking Time** : 45 mins

### Ingredients

1lb / 450g lean beef cut into 1 inch pieces  
 2 medium onions  
 2 cloves garlic  
 1 inch Ginger root peeled and chopped  
 2 medium tomatoes, chopped  
 1 green pepper, de-seeded and chopped  
 1 small sweet potatoes, peeled and diced  
 1 oz / 25g creamed coconut block  
 1 lemon or lime  
 6 tbsp vegetable oil  
 1/2 tsp salt

### Herbs & Spices

1/4 tsp Cardamom Ground  
 1/4 tsp Cassia or 1/4 tsp Cinnamon Ground  
 1/2 tsp (or to taste) Chilli Ground  
 4 Cloves Whole  
 1 tsp Coriander Ground  
 1/2 tsp Cumin Ground  
 1/4 tsp Fenugreek Ground  
 1/2 tsp Galangal Ground  
 5 Lime Leaves  
 freshly grated Nutmeg Whole  
 1/2 tsp Turmeric

### Cooking Instructions

heat the oil in a heavy pan and fry the onion, garlic and ginger root over a medium heat until onion is soft. Add the cumin, coriander, galangal, turmeric, chilli, fenugreek, cassia or cinnamon, and cardamom and fry for 2 mins stirring to prevent sticking.

Add the beef and stir to coat with spices and quickly brown. Add 14 fl oz / 400ml water, the tomatoes, lemon or lime juice, lime leaves and cloves and bring to boil. Reduce heat and simmer uncovered. After about 20 minutes add the sweet potato and allow to simmer for a further 10 minutes.

Add the green pepper and the coconut. Stir to break up coconut and simmer uncovered for 5 mins or until beef is cooked. The sauce should be rich and not too runny. Adjust seasoning to taste.

Just before serving, stir through some freshly grated nutmeg.

Serve with boiled rice or naan bread.