

BEEF CURRY CASSEROLE

Equipment:

Measuring Spoons

Measuring Cup

3 Qt. casserole dish with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1 tbsp oil 15 ml

1 large onion, chopped 1

1 large tomato, chopped 1

1/4 cup curry paste 50 ml

1 tsp flour 5ml

1/2 cup beef stock 125 ml

2 lb. chuck steak, fat removed 1 kg
and cut into cubes 1" (2.5 cm)

1 tbsp vinegar 15 ml

Procedure:

1. Place oil, onion and tomato in a 3-quart (3 L) casserole dish and cook at **P7** for 4 - 5 minutes.
2. Stir in remaining ingredients
3. Cover and cook at **P4** for 40 - 45 minutes.
4. Stir occasionally during cooking.
5. Serve with rice.

Chefs Tip:

For added flavor, the meat could be dusted with flour and be browned in a pan prior to adding it to the dish. Any meat could be substituted if folks prefer.