



Slow Cooker Beef Massaman Curry

Recipe by Chelsea Goodwin



Serves 8



Prep: 20 minutes

**Cook: 4½ hours on High
or 8 hours on Low**

INGREDIENTS

- 2 brown onions, sliced
- 4 cloves garlic, crushed
- 2 teaspoons finely grated fresh ginger
- 1kg potatoes, peeled and cut into 3 to 4 cm chunks
- 3 carrots, peeled and cut into 2 cm slices
- 300g green beans, trimmed and halved
- 1 to 1.2kg beef chuck steak or blade roast, trimmed and cut into cubes
- 2 tablespoons vegetable oil
- 114g jar Massaman curry paste
- 2 x 400g tins coconut cream
- 1 cup (250ml) beef stock
- 2 tablespoons brown sugar
- 2 tablespoons fish sauce
- 1 tablespoon fresh lime juice
- 1 tablespoon cornflour (optional, for thickening)

To Serve

- Steamed jasmine rice
- Fresh coriander leaves



Afternoons

with Steven White

on 936AM and the ABC listen app





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Prep: 20 minutes

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DIRECTIONS

Prep

- Slice the onion, crush the garlic and finely grate the ginger.
- Peel and chop the potatoes into 3 to 4cm chunks.
- Peel and slice the carrots into 2cm pieces.
- Trim and halve the green beans.
- Trim any thick pieces of fat from the beef and cut into 4 to 5cm cubes.

Cook

1. Turn the slow cooker on to your preferred setting (High or Low).
2. Heat half the oil in a large frying pan over medium-high heat. Brown the beef in batches, turning to colour all sides. Transfer to the slow cooker.
3. Reduce the heat to medium and add the remaining oil. Cook the onion for 2 minutes, stirring occasionally. Add the curry paste, garlic and ginger and cook, stirring, for 2 minutes.
4. Pour in half a tin of the coconut cream and cook, stirring, for 2 to 3 minutes, or until the liquid has visibly reduced.
5. Stir in the remaining 1½ tins of coconut cream, beef stock, brown sugar, fish sauce and lime juice. Bring to a gentle simmer.
6. Pour the contents of the pan into the slow cooker. Add the potatoes and carrots.
7. Cover and cook:
 - High: 4½ hours
 - Low: 8 hours
8. About 20 minutes before the end of cooking, stir in the green beans. If you'd like a thicker sauce, mix the cornflour with a little cold water to make a slurry and stir it into the curry.
9. Taste and adjust the seasoning. Add extra fish sauce if it needs more salt, or a little more brown sugar if you'd like it sweeter.
10. Serve with steamed jasmine rice and garnish with fresh coriander leaves.



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