



READY TO COOK
BY HARRIS FARM

BEEF MADRAS WITH BASMATI RICE & RAITA



PREP
10 min



COOK
2 ½ hrs



SERVES
4

INGREDIENTS:

- > 700g-1Kg Beef Oyster Blade
- > 1 Brown Onion
- > ½ Bunch Coriander
- > 10 Curry Leaves
- > 375g Madras Curry Sauce
- > 300ml Beef Stock
- > 400g Coconut Milk
- > ¾ Cup Unsweetened Yoghurt
- > 1 Lebanese Cucumber
- > 2 Cups Basmati Rice
- > Packet Naan Bread

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Ghee or Olive Oil
- > ½ tsp Ground Cumin
- > ½ tsp Ground Coriander
- > 1 Lemon, optional

METHOD - GET COOKING!



1

Preheat the oven to 160°C. Cut the beef into 4cm pieces. Finely dice the onion. Wash, pick, and finely chop the coriander, reserving some whole leaves for garnishing.

2

Bring a large casserole dish to high heat. Drizzle with olive oil or add some ghee. Sear the beef for approximately 2-3 minutes on each side until golden brown. Season with salt and pepper. Add the onions and cook for 3 minutes. Add the curry sauce and cook for another 3 minutes. Stir in the coconut milk. Add the stock, half of the coriander, and curry leaves. Mix well, bring to a boil, and then turn off the heat. Cover and place in the oven. Cook for 2 hours.

3

Meanwhile, grate the cucumber using a box grater. Place the yoghurt in a mixing bowl. Add the cumin, ground coriander seeds, season with salt and pepper, add the grated cucumber, and the remaining chopped coriander. Mix well and refrigerate.

4

Cook the basmati rice 30 minutes before the curry is ready as per packet instructions for your preferred method. Heat the Naan bread in a frying pan on high heat for approximately 30 seconds on each side. Remove Beef curry from the oven. Uncover and mix well. Garnish with coriander leaves. Serve with basmati rice and cucumber raita. Squeeze some lemon juice if desired!

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- If sauce splits just add ¼ cup of boiling water and gently mix with a whisk. Sometimes the coconut milk separates while cooking.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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