



Cooking Instructions

Vindaloo - Beef

Larder Essentials

Beef topside/fillet 125g-175g per person
100ml stock (beef or vegetable) per person
100g chopped plum tomatoes (tinned) per person
Salt
½ medium onion per person
Basmati Rice

Optional

Small new potatoes
Cherry Tomatoes

Garnish

Coriander leaves,
2 red chillies

Kit Contents

Sachets of Marinade,
Base sauce,
dried chilli flakes,
creamed coconut block,
cinnamon stick,
palm sugar.

Introduction

Once you have seasoned the curry according to the instructions below, the final timing for when the curry is ready just depends on when the meat is cooked and how thick you want the sauce to be. Test the largest piece of meat by cutting in half to check it is cooked. I tend to cook the beef until it is really tender. The weight of beef per person in the shopping list is only a guide as I tend to look at the cut steaks in my local butchers' fridge and check the weight of one I like and multiply up. If I get a thick steak or a joint, I'll cut in cubes or a thin steak I will cut into slices.

Preparation

1. Cut meat into similar size slices or cubes and place in a shallow dish with the marinade and stir, cover the dish and refrigerate for an hour (or longer).
2. Slice the onions.
3. Make 100ml stock per person.
4. Measure out 100g chopped tomatoes per person.
5. If adding new potatoes, parboil and cut in half when cooled.
6. If adding cherry tomatoes, slice them in half.
7. Measure out (use the packet quantity advice as a guide) and wash the rice. – if using a Mister Paste rice seasoning kit, refer to its cooking instructions.

Garnish when serving (optional): Pick a few coriander leaves. Slice the fresh red chillies in half lengthways and de-seed without removing from the stalk.

Method

1. Start cooking your rice.
2. Gently heat 3 tablespoons oil in a pan and add the cinnamon stick.
3. Place sliced onions in the oil and gently fry until brown.
4. Add the Base Sauce to the pan and gently simmer for 5 minutes, stirring regularly.
5. Add the meat and marinade, tinned tomatoes (100g per person), creamed coconut block and stock.
6. Cover the pan, reduce the heat and simmer for about 10 minutes.
7. If using parboiled potatoes and/or tomatoes, add them now.
8. Add a cup of boiling water to the pan, bring to the boil and then lower heat to a simmer.
9. Season the curry for saltiness, sweetness and spice heat.
 - 9.1. Salt test. Add a good pinch of salt, stir and taste. Repeat until you get a hint of saltiness.
 - 9.2. Sweet test. Add a little palm sugar, stir and taste. Repeat until you get a hint of sweetness.
 - 9.3. Spice test. Add some of the chilli flakes, stir and allow to simmer for 2 minutes. Taste and repeat until it reaches your preferred level of heat.
10. Test to see if the meat is cooked and tender, if not, simmer a little longer then repeat, adding a little water if necessary to keep the sauce loose but not watery.
11. When the ready to serve, remove the cinnamon stick and garnish with chopped coriander leaves and sliced fresh chillies.
12. Serve with rice.