



Caribbean Curry Beef

Ingredient	10 Portions	50 Portions	100 Portions
Diced Beef	600g	3kg	6kg
Turmeric Powder	1tsp	1tbsp	2 tbsp
Dried Coriander	1tsp	1tbsp	2 tbsp
Mixed Spice	pinch	0.5 tsp	1 tsp
Black Pepper	0.5 tsp	0.5 tbsp	1 tbsp
Chilli Powder	pinch	0.5 tsp	1 tsp
Dried Ginger	pinch	0.5 tsp	1 tsp
Dried Cumin	0.5 tbsp	1 tbsp	2 tbsp
Onion (Diced)	100g	500g	1kg
Garlic (Diced)	1 clove	0.5 bulb	1 bulb
Peeled, Diced Potato	100g	500g	1kg
Tomato Puree	40g	200g	400g

Key Points

Marinating the meat the day before will add lots of depth to this dish. You can use some of the homemade curry powder and some oil to coat the meat.

You can prepare a large quantity of the spice mix for this recipe to be used on future recipes.

Method

1. Combine the dry spices to make a mixed curry powder
2. Season the beef with salt and pepper
3. Fry the beef in a hot frying pan with olive oil
4. Add the homemade curry powder
5. Cook until well browned
6. Add the onions and garlic, cook for 2 minutes
7. Add the tomato puree (half of an 800g tin) and cook for 2 minutes stirring well
8. Add enough water to cover the beef and bring to the boil
9. Reduce to a simmer and cook for 2 ½ hours adding more water if necessary
10. Add the diced potatoes and cook for another 30 minutes or so until tender
11. Adjust seasoning if necessary adding salt, pepper or other aromatic spices
12. Adjust consistency if necessary by adding more water

Allergens None