

Miele

Slow cooked beef and pumpkin curry with turmeric rice

By Miele

40 minutes

Preparation Time

4 hours 30 minutes

Cooking Time

4 serves

Serves



INGREDIENTS

Beef and pumpkin curry

2 tbsp olive oil
1 brown onion, diced
3 garlic cloves, crushed
3 cm piece ginger (15 g), grated
1.5 kg diced stewing beef
140 g Rogan Josh curry paste
1 x 400 g tin diced tomatoes
400 ml beef stock
1 sprig fresh curry leaves
1 tsp cornflour
100 g coconut cream
600 g pumpkin, diced

Turmeric rice

35 g butter
1 cm piece ginger (5 g), grated
Salt flakes
2 garlic cloves, crushed
1 tsp ground turmeric
1 bay leaf
½ tsp coriander seeds
6 cardamom pods, crushed
6 cloves
1 cinnamon stick
1 star anise
300 g (1 ½ cups) basmati rice, rinsed
375 ml (1 ½ cups) water

Garnish

Fried curry leaves
Coconut cream, extra

METHOD

Beef and pumpkin curry

1. Heat the oil in a gourmet oven dish on medium-high heat, induction setting 7. Add the onion and cook for 5 minutes. Add the garlic and ginger cook for a further 2 minutes.
2. Add the beef and brown for 5 minutes. Add the curry paste and cook for a further 3 minutes.
3. Add the tinned tomatoes, beef stock and curry leaves and heat until simmering.
4. Place the dish into the combi steam Pro oven and select Combi mode: Fan Plus at 130°C + 85% moisture + 2 hours 30 minutes.
5. Mix the cornflour into the coconut cream and stir into the curry, along with the diced pumpkin and return to the Combi for a further 40 minutes.
6. Top with chopped curry leaves and drizzle with extra coconut cream to serve.

Turmeric rice

1. Place the butter and spices in an unperforated steam container and place into the steam oven. Steam at 100°C for 3 minutes.
2. Add the rice and water, stir and Steam at 100°C for a further 18 minutes.
3. Remove from the oven and season to taste before serving with the curry.

Alternative appliance methods

Oven

- The curry can be cooked, covered, in the oven on Fan Plus at 150°C.

Gourmet warming drawer

- Place the curry, covered in the gourmet warming drawer on cook level 5, and cook for 5-6 hours, or until the meat is tender.

Induction cooktop

- Cook the curry, covered, on a low setting, induction setting 3, for 2 hours and 30 minutes or until tender.