

CROCK POT BEEF CURRY

Preparation Time: 10 minutes

Cooking time: All day

Enough for 6-8 people

- 1.5kg Diced Beef
- 2 large chopped Onions
- 1 teaspoon Ginger
- 1 teaspoon Turmeric
- ½ teaspoon Dry Mustard
- ½ teaspoon Saffron Powder (optional)
- 1 teaspoon Salt
- 2 teaspoons Crushed Garlic
- 2 teaspoons Ground Coriander
- 2-3 tablespoons Curry Powder
- 3-4 tablespoons Sugar
- Small handful Sultanas (optional)
- Diced Vegetables of choice and amount



In a large non-stick hot pan with some oil, quickly sear the beef pieces, and place into Crockpot.

Place Onions and all other ingredients except vegetables, into pan. Sauté for 2-3 minutes. Place into a jug with about 1 litre of water and stir well.

Pour over beef in crockpot. Add more water until just beef is just covered. Stir well.

Leave in crock pot 4 hours on high, stirring occasionally, and adding more water if getting too thick.

Peel and dice the choice and quantity of required vegetables. I typically use potatoes, carrots and a cup of frozen greens. For a change, a cup of pearl barley is also nice.

Stir vegetables through Curry, switch back to Low, and forget it for another 4 hours or so. Thicken if necessary with a cornflour and water paste.

Serve with rice. Freezes well.