

INSTANT POT BEEF CURRY

INGREDIENTS

11.5kg Cross Rib Roast, cut into 1 inch chunks

1 398ml can of diced tomatoes, puréed until smooth

3 tbsp ghee

9 cubes of frozen ginger garlic paste (same as 3 tbsp jarred paste)

6 cubes of frozen green chili paste (same as 2 tbsp jarred paste)

1/2 jar of Patak's curry paste (any flavour, i used Madras)

2 tsp salt

2 tbsp of Chip Shop Curry granules

EQUIPMENT

1. Instant Pot

2. Handheld blender & mixing cup

3. Cutting board for meat + sharp knife

DIRECTIONS

1. Gather ingredients and equipment.
2. Blend the tomatoes into an even purée and set aside.
3. Cut the meat into 1 inch cubes and set aside.
4. Add ghee to the instant pot and set it to Sauté.
5. When the ghee melts, add the tomato purée and the ginger-garlic and green chili cubes.
6. Stir until paste thickens a little and isn't watery.
7. Add salt.
8. Add the 1/2 jar of curry paste to the pot.
9. Stir until it sizzles and is well mixed.
10. Add beef cubes and stir until all surfaces are coated.
11. Add 1/2 cup of water to the pot and stir.
12. Turn off the instant pot and make sure the top rim of the pot is clean and free of splatters.
13. Secure the lid.
14. Turn on the instant pot to Pressure Cook High for 20 minutes. The pot will come to pressure, then count down.
15. At the end of the cooking time wait 5 minutes, then press the pressure release valve
16. After the pressure indicator drops, remove lid and give the curry a stir.
17. To make it less watery, add 2 heaping teaspoons of Chip Shop Curry granules to thicken the curry. If you do this, set the instant pot to Sauté to bring the curry to boil for a couple of minutes until the curry thickens, then turn the instant pot off.

(Taste it, and feel free to add a tbsp of honey and/or a splash of apple cider vinegar if needed to brighten the flavour)

Serve with rice & naan.