



## Slow-cooked Massaman Beef Curry

*You only need a few low-cost ingredients to make this family-friendly, mild and melt-in-the-mouth Slow-cooked Massaman Beef Curry. There's hardly any prep and the slow-cooker does all the hard work.*

**Total Time:** up to 8 hours 15 mins    **Yield:** 4

### INGREDIENTS

- 2 tbsp olive oil
- 1 kg (2 lb) beef suitable for slow-cooking (no need to cut; I use braising/casserole beef but chuck steak works well too, see note 1)
- 1 x 114 g cans Maesri Curry Paste (see note 2)
- 400 ml coconut milk
- 1 cup (250 ml) chicken stock (or 1 cup/250 ml water plus 1 chicken stock/bouillon cube, see note 3)
- 8 small potatoes (any variety), cut into 2 cm ( $\frac{3}{4}$  inch) chunks (no need to peel)
- 2 onions, sliced into thick wedges

To serve

- Coriander (cilantro)
- 1 large red chilli, sliced
- Crushed peanuts (optional)

### INSTRUCTIONS

- 1 Heat the oil in a large heavy-based frying pan over medium heat. Add the beef to the pan and cook for 3–4 minutes per side until browned and caramelised. This step is important as it really adds and locks in flavour.

- 2 In a small bowl, combine the massaman curry paste, coconut milk and chicken stock to form a sauce.
- 3 In your slow-cooker, layer the beef, potatoes and onion in that order.
- 4 Pour the sauce all over the top. Don't worry if some of the potatoes and onions are not submerged. They will melt into the sauce during the cooking process.
- 5 Cook on high for 4 hours or on low for 8 hours. If the beef is still firm at the end of the cooking time, continue cooking on high in 30-minute intervals. The beef should fall apart easily using a fork. Use tongs to gently pull it apart into smaller, bite-sized pieces to serve.
- 6 Serve topped with coriander, sliced red chilli and crushed peanuts, if using.

## NOTES

**Note 1** – You can first cut the beef into bite-sized pieces if preferred. Leaving it whole decreases the amount of time required to prepare this dish. The beef pulls apart quite easily when it's cooked.

**Note 2** – I use Maesri brand Masaman Curry Paste, which is available worldwide at the supermarket or from Asian grocery stores. As there are so few ingredients in this curry, it's important that you are using the best possible paste. The result will be different if you use another paste.

**Note 3** – If you want a thicker sauce, leave the chicken stock out completely. The sauce using the chicken stock is a thin, soup-like consistency.

## Make ahead

Refrigerate the cooked curry for up to 3 days. Freeze for up to 3 months. Thaw completely overnight in the fridge. Reheat in the microwave.

## Leftovers

Refrigerate the cooked curry for up to 3 days. Freeze for up to 3 months. Thaw completely overnight in the fridge. Reheat in the microwave.

*Author:* Nicole    *Prep Time:* 5 mins    *Cook Time:* up to 8 hours

 *Category:* beef, curry, Massaman Beef Slow Cooker    *Method:* pan, slow cook

 *Cuisine:* Thai

# Nutrition Facts

Serving Size a bowl  
Serves 4

Amount Per Serving			
<b>Calories</b>			808
			% Daily Value*
<b>Total Fat</b> 40.3g			<b>52%</b>
Saturated Fat 23.6g			
Trans Fat 0.2g			
Polyunsaturated Fat 3.1g			
Monounsaturated Fat 11.4g			<b>0%</b>
<b>Cholesterol</b> 151.8mg			<b>51%</b>
<b>Sodium</b> 961.9mg			<b>42%</b>
<b>Total Carbohydrate</b> 45.3g			<b>16%</b>
Dietary Fiber 7.9g			<b>28%</b>
Sugars 7.4g			
<b>Protein</b> 66.3g			<b>133%</b>
Vitamin A	34%	Vitamin C	41%
Vitamin D	3%	Magnesium	39%
Potassium	44%	Riboflavin (B2)	40%

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