SLOW COOKER BEEF CURRY

The Ingredients are for 4 people:

2 tablespoons of flour

2 tablespoon of curry powder

2 teaspoon of cumin

2 teaspoon turmeric

1 teaspoon ground ginger

1 teaspoon of salt

1 chopped onion

1 garlic clove, crushed

1 tablespoon of oil

700g of stewing beef, cubed

1 sliced red pepper

150ml of beef stock

400g tin of chopped tomatoes

A dash of Tabasco sauce

1 tablespoon of lemon juice

2 cooking apples, cored and roughly chopped

25g of sultanas

25g of cashew nuts

How to make the Beef Curry:

1. Mix the flour, curry powder, cumin, turmeric, ginger and salt. In a large frying pan, gently fry the onion and garlic in the oil until softened but not brown.
2. Roll the beef in the seasoned flour and brown on all sides in the pan. Stir in the remaining flour. Add all the remaining ingredients except the nuts.
3. Transfer everything to the slow cooker, including the beef stock, and cook on the low setting for at least 6 hours. You will find that the beef is really tender and that the flavours are much more intense because everything has been cooked really slowly.
4. You can serve with boiled rice and mango chutney for a fantastic beef curry meal. If you don’t have a slow cooker you can use a casserole dish and leave it in the oven on a very low setting for about 3 to 4 hours. Before serving stir in the nuts.