

Beef a la Will Moreland

Recipe courtesy Jennifer Paterson and Clarissa Dickson Wright

Total Time: 1 hr 20 min

Prep: 20 min | Inactive Prep: – | Cook: 1 hr 0 min

Level: Easy

Yield: 6 to 8 servings

INGREDIENTS

| | |
|------------------------------------------------------|---------------------------------------------|
| 2 pounds filet or sirloin of beef | 1 bunch fresh coriander (cilantro), chopped |
| 2 tablespoons oil | 2 fresh chilies, chopped |
| 1 bunch spring (green) onions, chopped | 1 piece lemon grass, roughly chopped |
| 2 cloves garlic, chopped | 2 tins coconut milk |
| Piece of ginger root the size of your thumb, chopped | Juice of 1 lime |
| 1 tablespoon soy sauce | |

DIRECTIONS

Preheat the oven to 350 degrees F.

Heat a heavy frying pan and sear your piece of meat on all sides, remove. Heat the oil in the same pan and saute the spring onions, garlic and ginger until softened. Add the soy sauce, half of the coriander, and the chilies.

Place the seared meat in a roasting tin. Pour over the fried vegetable mixture. Add the lemongrass and pour the coconut milk and lime juice over the meat. Roast for 40 minutes.

Place beef on a serving dish. Strain the sauce, add the rest of the chopped coriander and pour over the meat. Serve immediately.
