

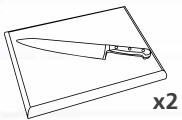
Beef Curry



Ingredients

1 onion	25g sultanas
1 apple	1 x 5ml curry powder
1 clove garlic	1 - 2 x 5ml spoon ginger
250g beef	350ml water
1 x 15ml oil	1 x 15ml spoon tomato purée

Equipment



Method

1. Prepare the fruit and vegetables:
 - chop and slice the onion;
 - core and slice the apple;
 - peel and crush the garlic.
2. With a fresh knife on a clean chopping board, dice the meat.
3. Fry the onion and garlic in the oil for 5 minutes.
4. Add the meat and cook until it has browned.
6. Stir in the apple, sultanas, curry powder and ginger, and cook for 5 minutes.
7. Pour in the water and tomato purée.
8. Bring to the boil, then simmer and cover to cook for 30 minutes.



Try adding a little more curry powder for a hotter dish!



Top Tips

- Serve the curry with rice and a salad.
- Add extra vegetables, such as mushrooms, peas and peppers.

Skills

- Preparing an onion
- Using the hob
- Crushing garlic