

Curried Beef Stew

Saturday, December 10, 2016 3:08 PM

Note: This can be made with Chicken thighs and drumsticks simmered in a large frying pan for 30 minutes.

Amount	UOM	Ingredient	Substitutions
2-3	Lbs	Pot Roast or Stewing Beef, cut up	4-6 Chicken Legs cut into Thighs and Drumsticks (skin removed; skip dredging)
		Seasoned Flour	Seasoned GF Potato Starch or Coconut Flour seasoned with Clubhouse Pepper Medley and/or Mango Chipotle and/or homemade Emeril's Essence.
1	Large	Onion, minced	
4-6		Carrots, cut in sticks	
1		Yukon Gold Potato or Sweet Potato, cut in 6 (optional)	1 Cup diced Eggplant (nuked in paper towel to release excess water and bitterness)
2-3	Stalks	Celery, chopped	
1/2		Green Pepper, chopped	
1	Large	Red & Orange Pepper, sliced	
2		Hot Chili Pepper, fresh or dried minced, to taste	
1		Bay Leaf studded with 1 whole Clove	
1	Small	Lime Leaf (optional)	
2	Cloves	Garlic, minced	3 Roasted Garlic Cloves, mashed
220	Grams	GLICO Hot Curry Paste (large package)	Use small 110 gram package for chicken or smaller quantities of meat. Adjust heat when using Mild or Medium.
1/2	Cup	Stock, as needed	Beef or Chicken
1	Can	Coconut Milk	Regular or low fat
2	Tsp	Curry Powder or Garam Masala Spice to taste	
1	Tbsp	Nam Jai Green Curry Paste to taste	
3	Dash	Sriracha Hot Sauce (optional)	
	Sprigs	Cilantro, chopped	

1. Dredge Beef in seasoned flour. Heat Oil in frying pan and sear Beef in batches. Set browned meat aside.
2. Sauté Onions and Garlic. Add Carrots and Potatoes/Eggplant(optional). Add Celery, Bell Peppers, Chili Peppers and, Lime Leaf (optional) and studded Bay Leaf.

3. Sauté vegetables and season with Cracked Pepper and Himalayan Sea Salt (optional).
4. Add GLICO Curry Paste to the pan. Dissolve on low-medium heat with a bit of stock. Add remaining curries and seasonings to taste. Add reserved meat and Coconut Milk and mix well.
5. Add Beef Stew to crockpot. Set on low heat, slow cook setting for 5-6 hours. Put Coconut Milk in the last hour, if using the high heat setting.
6. Swirl and skim excess fat with a ladle. Re-season as desired. Serve on Brown Basmati Pilaf and garnish with chopped Cilantro.