

Thai Beef Red Coconut Curry

Created by Chef Ilona Daniel



- 5 lbs stewing beef (chuck), cubed
- 4 Cups squash or sweet potato, cubed
- 2 Yellow bell pepper, sliced
- 2 Red bell pepper, sliced
- 2 Tablespoons thinly sliced ginger
- 2 Tablespoons minced garlic
- 2 Large onion, sliced
- 1/4 Cup red curry paste
- 1 Can coconut milk
- 1 Tetra pack no-salt beef stock
- 1 Tablespoon fish sauce
- 2 Tablespoons peanut oil

Heat oil in a large pot over medium heat, add the beef and brown. Remove from pan, and set aside on a plate. Saute ginger, garlic and onions until onions turn translucent; stir in curry paste and cook for a minute. Season with fish sauce. Pour in beef broth, coconut milk. Bring to a boil. Stir well to combine. Lower the heat and simmer for 1 1/2 hrs or until meat starts to become tender. Stir in bell pepper and squash/sweet potato (adding more water if needed) and sauce begins to thicken. Simmer until everything is tender.

Garnish with fresh lime, cilantro and basil.

** When meat is tender, add potatoes and remaining coconut cream: cook for 5 minutes. Then add bell pepper and chillies. Cook for another 2 minutes. Serve hot with steamed rice or mashed potatoes.*



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