Beef Curry

Lee Haugen
Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

1 tablespoon ground coriander
1 teaspoon ground turmeric
1/2 teaspoon cumin
1/4 teaspoon chili powder
pinch ground cinnamon
2 cloves
3 tablespoons vinegar
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, crushed
1 pound top round steak
5/8 cup beef stock
1 bay leaf
orange wedges (for garnish)
boiled rice

Mix and pound the spices with the vinegar to form a paste.

Heat the oil in a skillet. Fry the onion and garlic for 5 minutes. Add the curry paste and fry for 2 to 3 minutes, stirring constantly. Add the beef and cook, stirring occasionally, until brown. Add the salt, stock and bay leaf. Cover and simmer for one hour.

Remove the bay leaf. Taste the curry and adjust the seasoning, if necessary.

Garnish with orange wedges. Serve over cooked rice.

Per Serving (excluding unknown items): 1161 Calories; 73g Fat (56.7% calories from fat); 99g Protein; 27g Carbohydrate; 7g Dietary Fiber; 214mg Cholesterol; 1586mg Sodium. Exchanges: 1 Grain(Starch); 13 1/2 Lean Meat; 2 Vegetable; 6 Fat; 0 Other Carbohydrates.