



Baked Beef and Almond Curry



A delicately spiced curry that needs very little attention, and does not take long to prepare.

Ingredients

- ♦ 4 tablespoons groundnut oil
- ♦ 12 small green cardamom pods
- ♦ 2 x 5 cm cinnamon sticks
- ♦ 1.2 kg stewing beef – chuck would be perfect
- ♦ 2 teaspoons whole cumin seeds
- ♦ 4 medium onions
- ♦ 20 g fresh ginger, finely chopped
- ♦ 3 tablespoons ground coriander
- ♦ ½ teaspoon cayenne pepper
- ♦ 1 teaspoon fine sea salt
- ♦ 500 g natural yoghurt
- ♦ 100 g ground almonds
- ♦ juice of half a lemon

Serves 6

To Cook

Preheat the oven to 180° C/fan 160° C/gas mark 4. Heat the oil in a heavy ovenproof casserole and add the cardamom pods and cinnamon sticks. Brown the beef in batches, setting to one side as they are ready. Add the cumin seeds and let them pop before adding the onions. Fry the onions until they start to turn pale brown. Add the ginger, ground coriander, cayenne and salt, and mix thoroughly with the onions. Lower the heat and return the beef and any juices to the casserole, stir to coat the beef with the onion and spice mixture, add the yoghurt and stir to mix. Increase the heat to medium-high until the mixture reaches a simmer. Take a large piece of foil and cover the casserole, sealing tightly around the edges. Then place the lid on top and put the casserole in the oven. Bake for about 90 minutes or until the meat is tender, adding the almonds after about an hour. Just before serving, add lemon juice and season to taste. Serve with basmati rice and roasted cauliflower.