

Rich Beef and Aubergine curry

Serves 4

- 500g diced beef, select a casserole beef with a little fat content
- 2 tsp. paprika
- 1 tsp. sea salt
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/4 tsp. chilli powder
- 1 onion, half diced and half sliced
- 3 large cloves of garlic, peeled
- 3" chunk of ginger, peeled and roughly chopped
- 1 or 2 red chillies, stalks removed
- 1 tbsp. black mustard seeds
- 2 tbsp. coriander powder
- 1 tbsp. cumin powder
- 1 tsp. turmeric powder
- 1 tbsp. fennel seeds
- 1 tbsp tamarind paste
- 1 tbsp tomato puree
- 1 carrot, peeled and diced
- Half a red pepper, diced
- 400ml tin chopped tomatoes
- 1 tbsp mango chutney
- 1 small aubergine, diced into large chunks
- 1 heap tsp. garam masala
- 50g cream coconut block, diced
- oil for frying
- 30g fresh coriander, roughly chopped

Method

- Marinate the beef in the salt, paprika, garlic powder, onion powder and chilli powder. I left it for 30 minutes.
- Heat the oil and add the diced onion, sauté for a few minutes, add the garlic, ginger and chillies.
- Once softened add the mustard seeds and cook for one minute. Turn off the heat and scoop everything out into a blender.
- Add the coriander, cumin, turmeric, fennel seeds, tamarind paste and tomato puree. Blend to be smooth, I also added a little water.
- In the same pan add the sliced onions and cook for a few minutes then add the beef and all of the marinade.
- Once the beef has browned on all sides add the carrots, red pepper and the paste, cook this for around 5 minutes.
- Pour in the tin of tomatoes, and fill the blender with water, shake it to get out all of the juices. Next pour into the can of tomatoes and top up with water until full. Pour this into the curry; so you have the same amount of water to tomato.
- Add the mango chutney, stir and place on a lid. Let this cook for 30 minutes.
- After the 30 minutes check to see how tender the beef is, if still a little tough leave it for longer. You want the beef to be almost falling apart before you start the next step.
- Add the aubergine, garam masala and the coconut block, mix well.
- Place the lid back on and cook for a further 20 minutes. I often cook this last part in the oven, as I feel it makes the curry much deeper in colour and more rich in flavour. But on the hob is fine too.
- Once cooked add the fresh coriander and serve with rice.