

# Beef Korma

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## Ingredients

15 kg Chuck steak  
5 kg Brown onions, coarsely chopped  
¾ cup Fresh ginger, finely chopped  
2 heads Garlic, coarsely chopped  
3 cups Blanched almonds  
¾ cup Ground coriander  
½ cup Cumin seeds, freshly ground  
2 ½ sticks Cinnamon quill, freshly ground  
2 tbs Cardamom seeds, freshly ground  
2 tbs Cloves, freshly ground  
4 tbs Turmeric  
2 ½ cups Oil  
5 ½ tbs Salt  
1 kg Yoghurt, plain, unsweetened low fat  
2 kg Green stringless beans (check they are good quality)  
5 kg Yellow button squash  
5 kg Carrots  
1.5 cups Fresh coriander, chopped

## Instructions

If using chuck steak trim fat and dice into 2.5 cm cubes. Blanch almonds and chop finely. Put chopped onion into blender with ginger, garlic and almonds. Blend to a smooth puree (Add a little water if necessary). Add ground spices and blend a little longer.

Heat oil in heavy saucepan and add the blended mixture, stirring until it browns and the oil separates from the mixture – about 10 – 15 minutes. Add the meat and stir well. Add yoghurt until evenly mixed. Cover and simmer until meat is tender. For lamb allow 1 - 1.5 hours. For chuck steak, allow 1.5 - 2 hours. If excessive oil has separated towards end of cooking skim off with spoon or paper towels. Stir occasionally to ensure spice mixture doesn't stick to base of pan.

In a separate saucepan, steam carrots, beans and squash. Don't overcook. Stir in to meat mixture about 10 minutes before meat is cooked to allow flavours to mix.

Remove from heat and stir in chopped coriander.