



Garden Fresh Farm Recipes

Coconut Beef Curry

We love the way the house smells when we cook a curry dish. It's also pretty hard to beat the comfort food satisfaction that you get from eating a bowl of beef curry with fluffy hot rice and naan.

Ingredients:

1 lb. beef chuck, cut into 1 1/2-inch pieces
Salt
Freshly ground black pepper
2 Tbs. vegetable oil
1 medium onion, diced
2 garlic cloves, finely grated
2 Tbs ginger, finely grated
1/4 tsp. ground cinnamon
1/8 tsp. cayenne
1 1/2 Tbs. curry powder
1 (13.5-oz) cans unsweetened coconut milk
Plain Yogurt, for serving
Lime wedges, for serving

Naan, for serving, (We cannot get fresh Naan where we live so we have some frozen. We thaw it and then coat it with a little olive oil and season with Zatar and then warm in the toaster oven.)
Cooked Rice

Directions:

Season meat generously with salt and pepper. In a large skillet over medium high heat, heat oil. Add beef and cook until browned, 3 to 5 minutes. Transfer to a plate.

Add onion to skillet and cook until soft, about 5 minutes. Add garlic, ginger, and spices and cook until fragrant, 1 minute.

Add coconut milk, bring to a simmer. Lower heat to low, add beef, and continue to simmer until fork tender, about 1 1/2 hours.

Serve with rice, yogurt, lime wedges and naan.