

Recipe adapted from [BBC Good Food](#).



Massaman Beef Curry

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| 3/4 c peanuts | 2 cinnamon sticks |
| 1-3/4 c coconut milk (and cream), divided | 1 T tamarind concentrate |
| 4 T massaman curry paste | 1 T palm sugar |
| 1-1/2 lbs. stewing beef steak, cut into large pieces | 1 T fish sauce |
| 1 lb. russet potato, cut into 1" chunks | 3 T bitter orange juice |
| 1 onion, cut into thin wedges | |
| 2 bay leaves | |
| 1/4 c cilantro | |

Preheat oven to 375F. Place peanuts on a baking sheet and toast for five minutes or golden brown. Remove from oven, let cool and then coarsely chop.

Heat 2 T coconut cream (the cream rises to the top of the coconut milk can) in a large, oven safe, stock pot. Add the curry paste and fry for 1 minute. Next stir in beef and fry until browned on all sides. Stir in the rest of the coconut cream/milk and add a 1/2 can of water.

Toss in the potatoes, onion, bay leaves, cilantro, cinnamon sticks, tamarind concentrate, palm sugar, fish oil and bitter orange juice. Also add most of the peanuts (reserving a few for the garnish). Bring the pot to a simmer, then cover and bake covered for 2 hours in the oven.

To serve garnish with toasted peanuts and a side of rice.