

Sweet Beef Curry

Ingredients

- 1) 1 kg diced steak (good round or chuck or gravy steak)
3 tablespoons of oil
- 2) 1 onion (chopped)
1 apple (peeled and chopped)
¼ cup chopped dates
1½ cups chopped raisins
5 teaspoons curry powder
1 teaspoon of grated lemon rind
2 tablespoons of lemon juice
1 tablespoon of tomato paste
2 teaspoons of worcestershire sauce
1 tablespoon fruit chutney
1 tablespoon of raw sugar
2 cups of beef stock
- 3) 2 tablespoons of corn flour
2 tablespoons of water

Method

1. Brown the meat in the pan with the oil.
2. Add all the ingredients in 2), and bring to the boil. Immediately reduce heat and simmer covered for 1½ hours or until the meat is tender (i.e. falls apart).
3. Slowly blend the corn flour and water into the pan. Care not to lump the corn flour in one go.
4. Stir over low heat until the mixture bubbles and thickens.
5. Serve curry on bed of rice.