

# No Hurry- James' Slow Braised Short Rib Curry



**Serves:** 2 hungry people!

## Ingredients:

800g Short Rib- I add additional boneless beef shin to bulk out the meat if I intend to feed more or have leftovers  
Splash of olive oil  
1 whole red onion  
Beef stock cube or beef bone broth  
2 tbsp tomato puree  
Tin of chopped tomatoes  
2 garlic cloves minced  
1 tsp minced ginger  
1tbsp paprika  
1 tbsp cumin  
1 Stick cinnamon  
Bay leaves  
Splash of red wine  
Chilli flakes to suit  
1 tbsp curry powder

## Cooking Instructions:

I break this recipe down into 2 sections, the first section is a generic way to slow cook beef which can then be adapted into various recipes once cooked.

### Cooking Beef

Bring the beef out of the fridge before cooking (1 hour). Season with salt and pepper whilst resting. Rub into all sides of the short rib. Add beef to hot pan filled with a splash of oil. Brown on all sides of the beef on a high heat (1 minute each side) until brown. Remove the beef from the pan and put to one side. Lower the temperature to medium and add your chopped onions to the pan until soft. Add tomato puree, minced garlic and ginger and cook for a further 30 seconds.

Take pan off the heat and deglaze using warm water (roughly 750ml) and stock cube. Put all items in the pan and the beef from earlier into an oven safe dish with a lid. Add bay leaves and a generous splash of red wine. The liquid mixture should cover the meat which stops it from drying out. Cook in oven (110°C) or slow cooker (Medium) for 4 hours. The longer you can give the meat, the better the outcome.

### Making into a curry

You'll know when the meat is cooked as the meat should just fall away from the bone easily. Remove the bone and bay leaves and shred the remaining meat using two forks. Most of the liquid should have reduced, but if not just put back onto hob to reduce. This is where you want to decide how much beef you'd like in your curry. Any beef not turned into the curry can be used in classic stews, lasagnes, chilli's, beef ragus at a later date.

Stir in a tin of chopped tomatoes plus, paprika, cumin, cinnamon stick (don't forget to remove this later!), chilli flakes and curry powder. You can adapt quantities to suit taste, increasing chilli and curry powder for a curry with a bit more a hit, or reducing for a milder curry. Stir until everything is mixed and the tomatoes are cooked through.

Serve with soft basmati rice and fluffy warm Nann bread.