



**Miele**

# Slow cooked beef and pumpkin curry with turmeric rice

By Miele

**40 minutes**

Preparation time

**4 hours 30 minutes**

Cooking time

**4 serves**

Serves

## INGREDIENTS

### Beef and pumpkin curry

2 tbsp olive oil  
1 brown onion, diced  
3 garlic cloves, crushed  
3 cm piece ginger (15 g), grated  
1.5 kg diced stewing beef  
140 g Rogan Josh curry paste  
1 x 400 g tin diced tomatoes  
400 ml beef stock  
1 sprig fresh curry leaves  
1 tsp cornflour  
100 g coconut cream  
600 g pumpkin, diced

### Turmeric rice

35 g butter  
1 cm piece ginger (5 g), grated  
Salt flakes  
2 garlic cloves, crushed  
1 tsp ground turmeric  
1 bay leaf  
½ tsp coriander seeds  
6 cardamom pods, crushed  
6 cloves  
1 cinnamon stick  
1 star anise  
300 g (1 ½ cups) basmati rice, rinsed  
375 ml (1 ½ cups) water

### Garnish

Fried curry leaves  
Coconut cream, extra

## METHOD

### Beef and pumpkin curry

1. Heat the oil in a gourmet oven dish on medium-high heat, induction setting 7. Add the onion and cook for 5 minutes. Add the garlic and ginger cook for a further 2 minutes.
2. Add the beef and brown for 5 minutes. Add the curry paste and cook for a further 3 minutes.
3. Add the tinned tomatoes, beef stock and curry leaves and heat until simmering.
4. Place the dish into the combi steam Pro oven and select Combi mode: Fan Plus at 130°C + 85% moisture + 2 hours 30 minutes.
5. Mix the cornflour into the coconut cream and stir into the curry, along with the diced pumpkin and return to the Combi for a further 40 minutes.
6. Top with chopped curry leaves and drizzle with extra coconut cream to serve.

## **Turmeric rice**

1. Place the butter and spices in an unperforated steam container and place into the steam oven. Steam at 100°C for 3 minutes.
2. Add the rice and water, stir and Steam at 100°C for a further 18 minutes.
3. Remove from the oven and season to taste before serving with the curry.

## **Alternative appliance methods**

### **Oven**

- The curry can be cooked, covered, in the oven on Fan Plus at 150°C.

### **Gourmet warming drawer**

- Place the curry, covered in the gourmet warming drawer on cook level 5, and cook for 5-6 hours, or until the meat is tender.

### **Induction cooktop**

- Cook the curry, covered, on a low setting, induction setting 3, for 2 hours and 30 minutes or until tender.

