

Beef Masala Curry



Ingredients:

- 1 big yellow onion chopped
- 3 garlic cloves minced
- 2 lb stewing beef
- 1 cup tomato passata
- 1 cup beef stock
- 1 tbsp olive oil
- 1 tsp lemon zest
- 1 tsp brown sugar

Spice Mix:

- 2 tsp salt
- 1 tsp freshly ground black pepper
- 1 tsp turmeric
- 1 tbsp garam masala
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp cayenne pepper optional
- 1/2 tsp smoked paprika

Directions:

Curry Paste

Turn the pressure cooker into sauté mode.
Add oil, chopped onions, garlic, spices, salt and pepper.
Cook until onions become soft and golden, for about 3 minutes.
Then stir in the tomato passata, brown sugar and bring to a boil.
Pour the mixture into the food processor and blend all into a paste.
Set aside.
Brown the meat on all sides, pour in the blended spice paste, stock and add lemon zest.
Cover the lid and cook for 30 minutes on high pressure.

Serve this incredibly tender and flavorful beef masala curry with steamed rice and chopped cilantro.