



Nothing tastes better than a perfectly cooked beef stew and this slow cooked, herby beauty will be a thrill for you to have!!



Ingredients

800g of beef (shoulder)	1 tablespoon of curry
1 large red onion, chopped	½ teaspoon of cumin
4 cloves of garlic, minced	¼ teaspoon of chili flakes
½ thumb-sized piece of ginger, minced	1 tablespoon of soy sauce
1 cup of dania stems	2 rosemary sprigs
3 sprigs of thyme	2 potatoes (350g), cubed
2 tablespoons of tomato paste	2 carrots (125g), sliced
1 tomato, chopped	Salt and vegetable oil to taste
1 tablespoon of coriander powder	

Method

Cube your beef and proceed to sear until browned. Set aside. In that same pan, add some salt and then add in the red onion, garlic, ginger, dania stems and thyme. Sautee until fragrant and softened. Once that is done, add in the tomato, tomato paste, soy sauce, the spices followed by a splash of hot water/stock to allow the spices to cook down and then allow this to cook down. Add in the seared beef, mix, then throw in the sprigs of rosemary, and allow this to simmer low and slow for 3.5 hours – mixing from time to time.

After 3.5 hours, add in the potatoes and carrots and let this further cook until the potatoes are just tender and then garnish and serve.



SERVE WITH: your favorite starch & veggie

This recipe was brought to you by Kaluhi's Kitchen blog from: <https://www.kaluhiskitchen.com/herby-slow-cooked-beef-stew/>



Youtube Video : <https://youtu.be/r6ONXTNPvA0>