Beef Curry

Ingredients (serves two)

Japanese Wagyu (thinly sliced D rump, top round) ·························· 150g (5.3 oz)
Onion ··· 1/2
Carrot ·· 1/2
Shiitake mushrooms ······························· 3
Kidney beans ························· 40g (1.4 oz)
Garlic ······································· 1 clove
Ginger ······························· 20g (0.7 oz)
Salad oil ························ 10cc (2 teaspoons)
Water ························· 250cc (1 US cup)
Curry roux ···························· 40g (1.4 oz)
Soy sauce ···················· 15cc (1 tablespoon)
Ketchup ······························· 18g (0.6 oz)
Cooked Rice ······························· To taste

How to cook

1. Cut the beef into 4cm (1.6 in) thick slices. Chop the onion into wedges and the carrot into rolling wedges. Cut the shiitake (with stems removed) into 5mm (0.2 in) thick slices. Grind the garlic and ginger.

2. Put the garlic, ginger and 5cc (1 teaspoon) of salad oil in a frying pan over low heat and saute until the garlic aroma is strong. Pan-broil the beef then remove it from the pan. Add the remaining 5cc (1 teaspoon) of salad oil to the pan and stir fry the onion, carrot and shiitake. Add the water and simmer with the lid on for 10 minutes over medium heat, then return the beef to the pan and cook while skimming off the scum. Turn off the heat and mix in the curry roux until it melts. Add soy sauce and ketchup and simmer again for a few minutes.

3. Boil the kidney beans in salted water until tender and slice them into 3cm (1.2 in) pieces.

4. Top rice with beef curry made in step 2 and serve kidney beans on the side.