

Thai Massaman Curry (Slow Cooker)

- sesame oil and maybe some chili oil
- 1/4 pound chuck or round stew beef per serving, in chunks
- salt and pepper to taste
- a little white sugar
- 1/4 sweet onion per serving, julienned
- 1 clove garlic per serving, crushed
- 1/4 tablespoon ginger per serving, minced
- 1/2 jalapeno per serving, minced
- 1/6 cup [chicken broth](#) ^[1] per serving
- 1 tablespoon fresh parsley per serving, minced
- zest from about 1/4 small lemon per serving
- 1/8 teaspoon ground dried bay leaves per serving
- 1/2 teaspoon ground tumeric per serving
- 1/2 teaspoon whole cumin seed per serving
- 1/6 teaspoon ground white pepper per serving
- pinch ground cardamom per serving
- the juice of 1/4 lime per serving
- 1/6 cup roasted cashews per serving, crushed
- 1 tablespoon Thai fish sauce per serving
- 1 teaspoon shrimp paste per serving
- 1/2 tablespoon brown sugar per serving
- salt to taste
- 1/4 can of coconut milk per serving
- 1/2 a russet potato per serving
- 1/3 carrot per serving
- fresh cilantro to taste

Prepare all ingredients in advance.

Heat a little oil in the bottom of the wok.

Salt and pepper the beef to taste, with a little white sugar.

Stir-fry the beef in the wok. Drain and set the beef aside.

Heat oil in wok again.

Cook the aromatic vegetables (onion, garlic, ginger, jalapeno) for a couple minutes.

Add in the chicken stock, parsley, lemon zest, ground bay leaves, tumeric, cumin seed, white pepper, cardamom, lime juice, cashews, fish sauce, shrimp paste, brown sugar and salt.

Add back in the beef. Add in the coconut milk, potato and carrot.

Simmer for a few minutes. Add in the cilantro.

Move to the slow cooker. Cook 10 to 12 hours on low, or 5 to 6 hours on high. Low is better.

Preparation time: 90 minutes (start 7 to 14 hours in advance)

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