

# Beef Curry

## Learning Intentions:-

To work independently and safely in the kitchen

## Success Criteria - I can...

- follow written and verbal instructions
- use raw meat hygienically
- tidy as I work

## Ingredients

50g raw beef (frying steak) - *small plate*

$\frac{1}{2}$  onion - *chopping board*

15ml vegetable oil - *small pan*

5ml curry powder - *small bowl*

5ml flour - *small bowl*

10ml coconut - *small bowl*

10ml sultanas - *small bowl*

200ml vegetable stock - *measuring jug*

pitta bread- *collect at end.*

## Equipment

red chopping board

cooks knife

vegetable knife

small plate

paper towel

small bowl

chopping board

small pan

pot stand

wooden spatula

## Method

1. Wash hands and wipe area. Collect equipment.

2. Collect all ingredients as above.

3. Cut beef on red chopping board with vegetable knife into small bite-size pieces.

Return onto small plate. Wash chopping board, knife and hands.

4. Peel and chop onion on brown chopping board.

5. Heat oil with a small piece of onion in it to check temperature. Do not overheat!

6. Add beef pieces and onion to the oil in small pan and stir until all beef is brown.

7. Add ingredients from the small bowl and stir for 1 minute.

8. Gradually stir in stock and simmer for 10-15 minutes.

#### 9. WASHING UP

- Stack all dishes neatly beside sink
- Wipe table (wiping any scraps into a paper towel - wrap and put in the bin)
- Lay out draining board
- Wash dishes (cleanest first!) and drain upside down.
- Dry dishes and place on table for teacher to check.
- Put away dishes neatly.

10. Cut pitta and serve curry.

11. Wash pan and tidy up.

#### TRY SOME!

<b>Beef curry</b>	Storage ...	Place in a container with a cover Put in the fridge and consume hot within 24 hours. Reheat until piping hot.
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