

Jim's Red Beef Curry
(serves 6)

The Dry Spices:

2 tsp Curry Powder	1 tsp caraway seeds
1 tsp Ground Cumin	1 tsp Ground Black Pepper
1 tsp Ground Coriander	1 tsp Red Chili powder
1 tsp Ground Cardamom	1 tsp Red Chili flakes
½ tsp Ground Turmeric	

2 medium Dry Onions, chopped
3 medium Jalapeno Peppers, seeded and chopped
6 cloves Garlic, chopped
2 T Ginger, chopped

1.5 lbs Beef (round steak, chuck, etc) cut into $\frac{3}{4}$ inch cubes

2 large Tomatoes, chopped
1 small (6 oz) can Tomato Paste
2 tsp salt
2 T sugar

Olive oil

1. Mix the dry spices together in a small bowl.
2. Heat a large heavy pan over medium heat. Add 2 T oil. When the oil is hot, add the dry spices and stir-fry for 1-2 minutes. Then add the cubed beef and stir-fry until coated with spices and well browned. If spices stick to the pan add a few drops of water to that area to lift spices. Remove the browned, spice coated beef to a bowl.
3. Add 3-4 T oil to the same large heavy pan. Add the chopped onions, Jalapenos, garlic, and ginger and stir-fry for about five minutes. Then add back the browned beef cubes and any juices in the bowl.
4. Add the chopped tomatoes, tomato paste, and sufficient water to cover the beef, etc. Add the salt and sugar.
5. Simmer for 1 ½ to 2 hours until beef is very tender. Cover or uncover pan to control the amount and consistency of liquid.

Serve the curry over white rice.