

# THAI BEEF MASSAMAN

AUSTRALASIA  
/ THAILAND

## ORIGINS

With many theories linked to the origins of this popular Thai dish, the most common one dates back to the 17th Century when ties between Southern Thailand and nearby Malaysia were strong, and many recipes and ingredients were exchanged. During this time, the Persian merchant Sheik Ahmad Qomi brought a similar recipe to the royal court of Ayutthaya. From here, both dishes were combined, and this delicious curry was created.



4



10 min



90 min



## WHAT YOU NEED

- 1/2 pkt (17 g) thai spice
- 500 g beef ( shin or casserole), cubed
- 200 g new potatoe, cubed
- 1 onion, chopped
- 1/2 cup frozen peas
- 1 capsicum, cubed
- 1/2 tbsp fish sauce
- 1 tsp brown sugar
- 1 tsp tamarind paste or juice
- 1/2 lemon
- 400 ml coconut milk

## HOW TO MAKE

①

Sauté onion and capsicum, 5 min. Add spice, sauté 1 min. Add beef, saute 5 min.

②

Add potatoes, fish sauce, sugar, tamarind & coconut milk and bring to the boil. Simmer, 90 min.

③

Once the beef is cooked, remove any bones if present, Add peas, simmer 5 min. Add a squeeze of lemon to taste.

## HOW TO SERVE

Serve with steamed rice, 2 tbsp crushed peanuts and fresh coriander leaves.

## HINTS & TIPS

### SIDES & CONDIMENTS

Fresh Thai salad:

1 cucumber sliced

1 carrot grated

100 g snow peas

1 tbsp each vinegar

fish sauce, lime juice

2 tbsp fresh coriander and mint leaves, chopped

Mix all ingredients together in a bowl.

### SWAPS & ALTERNATIVES

veggie combos: Swap 1 cup cherry tomatoes for 1 capsicum, sliced.

alternative: 1 tsp tamarind paste = 2 tbsp lime/lemon juice.

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