

JAPANESE BEEF CURRY

NORTH ASIA
/ JAPAN

ORIGINS

The introduction of curry to Japan is said to be in the early 1800s when Anglo-Indian Royal Navy sailors brought the curry powder of India combined with the sweet additions of apples to suit the British pallet to the shores of Japan. It was commonly cooked in army mess halls during the 1870s, as the curry was an easy way to feed large groups of soldiers and incorporate meat into their diet.



4



10 min



90 min



WHAT YOU NEED

- 1/2 pkt (15 g) Japanese spice
- 500 g casserole beef, cubed
- 1 onion, chopped
- 100 g mushrooms sliced
- 2 potatoes, cubed
- 2 carrots, chopped
- 1 cup beef stock
- 100 g spinach leaves
- 1 tbsp tonkatsu sauce*

HOW TO MAKE

①

Sauté onion 5 min. Add spice, sauté 1 min. Add beef sauté 5 min.

②

Add mushrooms, tonkatsu sauce, stock and simmer 60 min.

③

Add carrots and potatoes, simmer 15 min.

④

Stir in spinach leaves.

HOW TO SERVE

Serve with rice and cucumber and carrot salad*

HINTS & TIPS

SIDES & CONDIMENTS

cucumber and carrot salad*:

100 g cucumber sliced

1 carrot grated

zest of 1/2 orange

1 tbsp each sugar, vinegar, and water.

Mix all ingredients together in a bowl.

SWAPS & ALTERNATIVES

veggie combos: omit salad and serve with steamed broccoli

reduce meat: 250 g beef + 250 g cooked chickpeas

alternative: tonkatsu sauce * = 1 tbsp each tomato paste and soy sauce

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