

THAI YELLOW CURRY WITH

# HARRIS FARMS BRAISED BEEF CHEEKS

  
MADE NORTH  
CANTERBURY

THE  
NORTH  
COURSE

the modern mess  
seasonal home cooking

# HARRIS FARMS BRAISED BEEF

Beef cheeks take longer to cook than other stewing cuts, but we have used a slow cooker here which made it dead-easy and fuss-free. You could use another braising cut instead of beef cheeks too.

Eat this curry with the crunchy fresh salad topping rice and/or roti. You can also add vegetables into the curry or serve it with greens as an alternative.

## SERVES 4-6

### INGREDIENTS

#### Beef cheek braising base

- 1-1.5 kg Harris Farms beef cheeks cut into large chunks,
- 1 onion, finely chopped
- 1 T curry powder
- 3 T yellow curry paste – I used AYAM brand
- 2 cups water
- 2 kaffir lime leaves -optional or use lime zest
- 3 slices ginger
- 4-6 cloves garlic

#### Finishing the curry sauce

- 1 tin coconut milk or cream
- 2 T maple syrup
- 2 T fish sauce or season with salt
- 2 T lime juice
- fresh coriander to Top

#### Crunchy salad topping

- 250g mung bean sprouts or half a small cabbage shredded
- 300g green beans or ½ a cucumber
- 1 cup coriander chopped
- 2 T lime juice
- 1 T fish sauce

#### To serve

Cooked rice and Roti

### METHOD

#### Curry sauce base

Cut the beef cheeks into large chunks and season with salt. Brown well in a pan, place in a slow cooker.

Add the diced onion to the same pan and add a bit more oil, cook for a few minutes and then add the curry powder and stir to coat. Add in the curry paste and stir to coat and sizzle.

Add in the water, ginger slices and garlic. Transfer to the slow cooker and cook for 4 hours on high or 8 on low. This can also be cooked in the oven, they will probably take 3-4 hours at 150/160. Just make sure it's sealed well so the liquid doesn't evaporate.

#### Finishing the sauce

Add the coconut milk into the braising liquid. Add in maple syrup, fish sauce, and lime. Adjust to your taste.

#### Salad topping

Blanch green beans if using. Mix the salad all together just before serving.

#### To serve

Serve with roti and cooked rice.

North Canterbury based chef, Jen Pomeroy, created the Modern Mess with one main goal in mind – to help Kiwis get confident in the kitchen and encourage them to start cooking seasonally using fresh produce.

In her 12 years working as a professional chef, she learnt a secret – good food does not come from having the fanciest ingredients or the flashiest techniques. Exceptional meals come from the freshest, seasonal produce, and can be easily made at home using simple techniques.

Visit The Modern Mess website to discover 1000+ seasonal recipes, how-to tutorials, meal plans and more.

