

Beef Madras

Ingredients <i>(Red = optional)</i>	Amount for one	Your variation
Diced beef	175g	
Pure Basmati rice	100g	
Olive oil <i>(not virgin)</i>	2tsp	
Tomato puree	1tsp	
Jar of Madras sauce (From M&S)	340g	
Ground pepper	5sec	
<i>Pilau rice seasoning (From Bart Blends) (This give rice a great taste)</i>	2 tsp's	
Parsley	1tsp	
TIP: This is three chilli's hot but mainly a spicy sauce. Try the Rogan Josh (2 chilli's) for a milder curry		

Tools that help

- Scales
- Wok/frying pan
- Stirrer
- Timer
- Turner
- Microwave rice steamer
- Sharp knife
- Sieve
- Tongs
- Glass bowl
- Cooking pot

Prep Instructions

1. Weigh 100gm of basmati rice and place in a sieve
2. Add 200ml of water and the Pilau rice seasoning to the microwave steamer
3. Pour olive oil in wok and select heat 7 for 5 minutes



Prep Time minutes	Cook time minutes	Your revised time
2	96	<input type="text"/>

All prepared? Start timer at:	96
Put the beef in the wok and brown	96
Turn the oven on at 140	96
Transfer beef to the cooking pot	91
Shake & add the Madras sauce	91
Add 1/3 of a jar of water & puree	91
Stir and place pot in the oven	90
Stir pot every 15 minutes	90-0
Place the sieve of rice over a glass bowl	48
Fill with cold water washing the rice	48
Soak for 30 mins, change water 3 times	47
Drain the rice and put it in rice steamer	15
Put steamer in microwave for 7.5 mins	14
Remove the rice from the microwave	6
DO NOT open the rice steamer	6
Let it rest on a worktop	6
Heat bowl in microwave for 2 mins	2
Open the rice steamer	1
Fluff up the rice with microwave spoon	0
Put rice in bowl & pour on pot contents	0
Add Parsley and black pepper to taste	0