

luke mangan



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Salt Grill P&O Cruise Liners



CURRIED SAUSAGE STEW WITH RICE

Ingredients

- 1 kg thick beef sausages
- 1 tbs canola or peanut oil
- 1 medium brown onion, sliced
- 3 cloves garlic chopped
- 2 tbs curry mild powder (use hot if you like it very spicy)
- 1 teaspoon ground Cumin
- 1 teaspoon ground coriander
- 1 teaspoon fresh grated ginger (optional)
- 1 cup (250ml) beef stock
- Small can whole tomatoes lightly crushed
- 1 cup (150g) frozen peas
- 1/2 cup Mango Chutney
- Small can of Coconut Milk
- Pinch Sugar, salt, pepper to season
- Squeeze of 1/2 a lemon or lime
- Fresh Coriander
- Serve with naan or rice
- 10g sultanas

Method

- Place sausages in large pan, cover with cold water. Bring to a simmer over heat, simmer gently for 2 minutes. Drain sausages and cool, once cool cut into chunky pieces
- Heat oil in large saucepan, sauté onion & garlic, & ginger stirring about 3 minutes or until soft. Add curry powder & spices and fry, constantly stirring for at least about 1 minute or until fragrant. (the frying actually releases all the flavors of the spices and is an important part of making a good curry.
- Add sausages, stir to coat in curry mixture. Add stock and tomatoes, simmer, uncovered about 5 minutes or until thickened slightly. Stir in peas and sultanas and chutney Cook a further 5 minutes until thickened and peas are heated through.
- Lastly stir in the canned coconut milk,
- Check the seasoning and add a little salt, pepper and a squeeze of lemon or lime juice
- Serve with steamed rice, garnish with fresh coriander
- To make it interesting you can have lots of different condiments such as Shaved coconut, fresh mangoes, pappadums, etc...

