

Beef Korma

1 tablespoon
olive oil
600g diced beef
heart smart
375g pkt korma
simmer sauce
(Curry makers
simmer sauces)
2 carrots,
peeled, chopped
2 Desiree
potatoes,
peeled, cut into
2cm chunks
¾ cup (200g)
Farmers Union
Greek-style
natural yoghurt
½ cup roughly
chopped fresh
coriander
Steamed rice, to
serve
Cooked
pappadums, to
serve

Heat half the oil in a large saucepan over high heat. Add half the beef and cook stirring 1-2 minutes or until browned. Transfer to a bowl. Repeat with remaining oil and beef.

Return all the beef to the pan and add the korma paste, carrots, potatoes and 1/2 cup (90g) the yoghurt. Bring to a simmer. Reduce heat to low and simmer, partially covered for 10 minutes.

Uncover and simmer for 15-20 minutes or until the sauce thickens slightly.

Reserve 1 tablespoon of the chopped coriander and stir the remaining coriander through the curry. Spoon the curry onto the rice and sprinkle with the remaining coriander. Serve with the remaining yoghurt and pappadums.

Source: taste.com.au | (Servings: 4)

Caesar Salad Beef Burgers On Garlic Crostini

1 ½ lbs. ground chuck
3 cloves garlic, minced
1 teaspoon salt
½ teaspoon pepper
4 Romaine lettuce leaves
¼ cup freshly shaved or grated Parmesan cheese

Garlic Crostini

8 slices sourdough bread (about 4 x 3 x ½-inch)
Extra virgin olive oil
2 cloves large garlic, cut lengthwise in quarters

1. Combine ground beef, minced garlic, 1 teaspoon salt and ½ teaspoon pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four ¾-inch thick patties, shaping to fit the bread slices.

2. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally. Season with salt and pepper, as desired.

3. Meanwhile brush both sides of bread slices lightly with oil. Place bread around outer edge of grid. Grill a few minutes until lightly toasted, turning once. Remove bread slices from grid. Rub both sides of each slice with a garlic quarter.

4. Place one lettuce leaf on four of the bread slices; top each with a burger. Sprinkle evenly with cheese; cover with remaining bread slices. Cut burgers in half, if desired; arrange on lettuce-lined platter, if desired.

Jason Boulanger, Vermont

Cook's Tip: Use a vegetable peeler to quickly shave Parmesan cheese.

Source: National Beef Cook-Off® 1999 | (Servings: 4)

Chicken Fried Rice

2 tablespoons light soy sauce
2 tablespoons sweet chilli sauce
2 tablespoons oyster sauce
2 tablespoons peanut oil
600 grams chicken breast, sliced thinly
1 brown onion, cut into thin wedges
2 cloves garlic, crushed
2 egg, lightly beaten
3 cups rice, cold cooked
1 cup thai basil leaves
4 green onion, sliced diagonally
1/4 cup shallots, fried

Combine soy sauce, sweet chilli sauce and oyster sauce in a small bowl. Set aside. Heat a wok over high heat until hot. Add 3 teaspoons oil and swirl to coat. Add half the chicken and stir fry for 2 minutes or until browned. Transfer to a plate. Repeat with oil and remaining chicken.

Add remaining 2 teaspoons oil and onion to wok. Stir fry for 2-3 minutes or until golden. Add garlic and stir fry for 30 seconds. Add egg and rice. Stir fry for 2-3 minutes or until egg is well combined with rice.

Return chicken to wok. Add soy sauce mixture, basil and green onions. Stir fry for 1-2 minutes or until well combined. Spoon into bowls. Sprinkle with fried shallots and serve.

1 cup of uncooked rice = 3 cups cooked rice

Source: Super Food Ideas | (Servings: 4)

Double Potato Soup

2 sweet potatoes, peeled and cubed
2 russet potatoes, peeled and cubed
2 onions, chopped
3 cloves garlic, pressed
1 teaspoon thyme
1/8 teaspoon cayenne pepper
2 cans chicken broth or vegetable broth
2 cups half and half (half milk, half cream)
salt and pepper, to taste
1 tablespoon olive oil

In a soup pot, heat olive oil over medium high heat. Add onion and cook till translucent. Add sweet potatoes, potatoes and garlic and cook another two minutes. Add the chicken broth, thyme and cayenne pepper and bring to a boil. Reduce heat and simmer covered until the potatoes are tender; about 10 to 15 minutes.

Use a potato masher and squish the lumps in the soup as best you can. This soup is better not processed in a blender as it is heartier this way, however, if you prefer it smoother, go ahead and blend away. Just remember to process it in batches or it'll get all over the ceiling.

Heat soup to a simmer, salt and pepper to taste and add half and half and warm till hot, but don't boil or it will break.

Source: Saving Dinner | (Servings: 6)