

MASSAMAN CURRY POWDER 40g



Price: \$5.10

SKU: SKU47779

Product Categories: [Blends for Slow Cooking](#), [Curries](#), [Herbs & Spices](#), [Salt Free Blends](#), [Spice & Herb Blends](#), [Sugar Free Blends](#)

Product Tags: [m](#)

Product Page:

<https://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/masaman-curry-powder-40g>

Product Summary

A blend of spices for making an authentic Masaman curry. (SML PKT)

Product Description

A blend of spices for making an authentic tasting Massaman curry. (SML PKT)

Ingredients: coriander seed, cumin, fennel, turmeric, paprika, ginger, chilli,

galangal, cassia, star anise, cardamom.

Nutrition information applies to dry spice mix.

Nutritional Information: (spice mix only)

Per 100g

Energy (kj)

1560.45

Protein (g)

13.69

Fat (g) Total

16.84

Fat (g) Saturated

1.28

Carbohydrate (g)

31.19

Sugars (g)

14.38

Sodium (mg)

130.13

MASSAMAN BEEF CURRY

600 g chuck steak trimmed and cubed

2 Tbs peanut oil

2 Tbs Herbie's Spices Masaman curry powder

2 Tbs coconut cream

1 Herbie's Spices candle nut

1 large potato peeled and cubed

1 cup coconut milk;

1 cup chicken stock

2 Tbs gula melaka or brown sugar

1/2 cup roasted unsalted peanuts

1 tsp salt

Finely grate candle nut and brown gently in a dry pan. Set aside. Heat oil, add beef cubes and seal on all sides - remove to plate. Add coconut cream and curry powder to pan, heat one minute. Add beef with juices, candle nut, potato, coconut milk, stock, gula melaka and peanuts, and simmer, covered, for 90 minutes. Remove lid and continue to simmer another 30 minutes until meat is tender and sauce is fairly thick.

Product Attributes

- Dimensions: N/A
- Weight: 0.05 kg