JAPANESE

Japanese Beef Curry (Kare Raisu)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**6**	**20 min**	**2 hr**	**Stew**	**Blade & cross rib roast**

Ingredients

- 900 g (2 lb) blade or cross rib roast, cut into 4 cm (1½ in) cubes
- 1 tsp salt
- 2 tbsp vegetable oil
- 2 onions, sliced
- 3 cloves garlic, grated
- 2 cm (¾ in) fresh ginger, grated
- 1 litre (4 cups) water
- 1 apple, grated
- 3 carrots, cut into chunks
- 500 g (1 lb) potatoes, cut into 4 cm (1½ in) chunks
- 1 tbsp soy sauce
- 1 tbsp ketchup
- 1 tbsp Worcestershire sauce
- 100 g (3½ oz) Japanese curry roux blocks (about 4 cubes; mild, medium or hot)
- Steamed short-grain rice and pickled red ginger (fukujinzuke), to serve

Steps

1. Season the beef with the salt. Heat 1 tbsp oil in a heavy pot over medium-high heat and brown the beef in two batches, about 4 minutes per batch. Set aside.
2. Add the remaining oil and the onions to the pot. Cook over medium heat for 15 minutes, stirring, until soft and golden brown. Stir in the garlic and ginger for 1 minute.
3. Return the beef, add the water and bring to a boil. Skim off any grey foam, then lower the heat to a gentle bubble.
4. Cover and stew for 1 hour 15 minutes, until the beef is nearly tender.
5. Add the apple, carrots, potatoes, soy sauce, ketchup and Worcestershire. Simmer, partly covered, for 25 minutes until the vegetables are soft.
6. Turn the heat to its lowest setting. Break the roux into pieces and stir them in until fully dissolved, which takes about 2 minutes.
7. Simmer 10 minutes more, stirring often so the bottom does not catch, until the sauce is thick and glossy enough to coat a spoon. Serve over rice.

Notes

- **Make ahead:** the flavour deepens overnight; thin with a splash of water when reheating. Freeze without the potatoes for up to 3 months.
- **Extras:** a spoonful of honey or a square of dark chocolate rounds out the sauce.
- **Can't find roux blocks?** Melt 4 tbsp butter, stir in 5 tbsp flour and cook 4 to 5 minutes until light brown, then add 2 tbsp curry powder for 30 seconds. Whisk in a ladle of hot broth and stir in at step 6 with 1 tsp sugar and ½ tsp salt.

- **Slow cooker:** brown the beef and onions first, then cook everything but the roux on low for 8 hours or high for 4. Stir in the roux and cook uncovered on high for 15 minutes.
- **Chef's touch:** take the pot off the heat before adding the roux. It dissolves smoothly without clumping or scorching.
- **Pair with:** fukujinzuke pickles; add a crisp breaded pork cutlet on top for katsu curry.