

Japanese Curry and Rice



You probably don't think curry when you think of Japanese food, but there are many influences on modern Japanese cuisine. With the addition of apples and apricot jam, this curry is considerably sweeter than the Indian or Thai versions.

Serves 6 to 8

Ingredients

- 1 1/2 pounds (670 g) beef sirloin, cut into 1-inch (2.5 cm) cubes
- 1 tablespoon (30 mL) vegetable oil
- 1 tablespoon (15 mL) all-purpose flour
- 2 Spanish onions, finely diced
- 3 cloves garlic, finely chopped
- 2 teaspoons (10 mL) finely chopped fresh ginger
- 3 carrots, peeled and cut in medium dice
- 15 baby potatoes, cut in half
- 1 tablespoon (15 mL) tomato paste
- 3 tablespoons (45 mL) curry powder
- 3 cups (750 mL) beef stock
- 2 teaspoons (10 mL) Worcestershire sauce
- 1 tablespoon (15 mL) apricot jam
- 1 medium apple, peeled and cut into matchsticks, for garnish
- Steamed Japanese rice, to serve
- **Thousand-Slice Turnip Pickle**, for garnish (optional)

Directions

1. Line a large plate or baking sheet with paper towels. Season the beef with salt and freshly ground pepper. Heat a large sauté pan over medium heat, and add the vegetable oil. Brown the beef, turning

- until a deep caramel colour on all sides, about 5 minutes. Sprinkle the flour over the meat to coat. Remove the pan from the heat, and transfer the beef onto the paper towels. Set aside.
2. In the same pan, add the onion, garlic, and ginger, and sauté for about 3 minutes over medium-high heat. Add the carrots and potatoes, and then the tomato paste and curry powder. Stir, deglazing the pan with the stock. Let it come to a simmer.
 3. Add the reserved beef along with the Worcestershire, apricot jam, and some salt and freshly ground pepper. Cook, simmering until the potatoes are cooked and the meat is fork tender, 10 to 15 minutes. If necessary, add water to keep the beef and vegetables completely submerged.
 4. Season with salt and freshly ground pepper, to taste. Serve with rice, and garnish with the apple and turnip pickle.

