

GULAI DARAT DAGING

Traditional Beef Curry

BAHAN-BAHAN

Bahan A

- 2 inci lengkuas
 - 2 inci kunyit
 - 2 inci halia
 - 10 ulas bawang merah
 - 1/2 labu bawang putih
 - 20 tangkai cili kering (besar)
- } dikisar halus
- 3-5 sudu besar ketumbar
 - 1/2 biji kelapa (diparut dan disangai)
 - 2 sudu besar rempah gulai kampung /kawah
 - 2 batang serai (diketuk)
 - 1 1/2 kg daging (dihiris)
 - 1 kg santan
 - 5 keping asam gelugur
 - 1/2 keping gula melaka (kecil)
 - Garam

CARA-CARA

- Bahan-bahan A digaul dengan daging serta rempah gulai kampung/kawah. Panaskan.
- Masukkan asam gelugur, gula melaka, dan garam.
- Bila hampir kering, masukkan santan.
- Masukkan kelapa parut yang telah ditumbuk halus, dan serai.
- Boleh juga dimasukkan daun kadok/ubi keling/ubi badak/ubi kentang.
- Sekiranya suka, boleh juga dimasukkan 1 sudu besar budu apabila hampir masak.
- Masaklah sehingga mendidih.

Nota : Rempah gulai darat, biasa digunakan semasa kenduri

INGREDIENTS

Ingredients for A

- 2 inches galangal
 - 2 inches turmeric
 - 2 inches ginger
 - 10 shallots
 - 1/2 bulb garlic
 - 20 dried chillies (big)
- } finely ground
- 3-5 tablespoons coriander
 - 1/2 coconut (grated, fried and ground to become kerisik)
 - 2 tablespoons kampung/kawah curry powder
 - 2 lemon grass (crushed)
 - 1 1/2 kg beef (sliced)
 - 1 kg coconut milk
 - 5 pieces dried gelugur
 - 1/2 palm sugar (small)
 - Salt

METHOD

- Mix the beef with ingredients A and curry powder in a pot.
- Add in dried gelugur, palm sugar and salt.
- Add in coconut milk when the mixture thickens.
- Add in kerisik, then lemon grass.
- Kadok leaves/potatoes can also be added.
- One tablespoon of anchovy sauce can be added when the curry is almost cooked.
- Let the curry simmer.

Note : For a feast, it is advisable to use gulai darat curry powder