

## **Slow-Cooked Beef Chuck Curry**

### **Ingredients:**

1 kg beef chuck, cut into bite-size cubes  
2 tbsp tallow, ghee, or butter  
1 ½ tbsp curry powder  
1 tsp smoked paprika  
1 tsp salt (adjust to taste)  
1 cup bone broth (or water)  
½ cup heavy cream (optional for richness)  
Optional: 1–2 tsp crushed garlic

### **Method:**

1. **Sear the Beef:**  
Heat the tallow in a large pot or Dutch oven over medium-high heat. Add the beef in batches and sear until browned on all sides. Set aside.
2. **Toast the Spices:**  
Lower the heat to medium. Add a touch more fat if needed and stir in the curry powder and paprika. Toast gently for about 30 seconds to bring out the aroma.
3. **Simmer:**  
Return the beef to the pot. Add salt and pour in the bone broth. Stir well, bring to a boil, then lower the heat and cover.
4. **Slow Cook:**  
Simmer on low for 2–3 hours, stirring occasionally, until the beef is fork-tender. If needed, add a splash more broth.
5. **Finish with Cream (Optional):**  
Stir in the cream during the last 10–15 minutes for a silky finish.

### **Serving Ideas:**

Enjoy hot, spooned over egg patties, crumb buns, or straight from the bowl. Perfect with a side of seared marrow bones or soft-boiled eggs.

