

Vandal Gold Beef Curry Stew from the kitchen of Jordan Burgess and Bin Liang

Total Servings - 8

Serving Size – 1 cup

Ingredients for Vandal Gold Beef Curry Stew

- 2 kabocha or buttercup squash
- 1.5 pounds beef chuck thick cut top round
- 1 (92 gram) package S&B Golden Curry (Mild)
- 2 medium sized gala apples
- 1 Tablespoon canola oil

Directions

NOTE In addition to listed ingredients, you will need 1200 ml of water and salt and pepper, if desired. For vegetarians, use one (16 ounce) package of extra firm tofu to substitute for beef. This recipe will create 2 squash bowls for serving. If you desire a squash bowl for each guest, simply repeat Step 1 for the number of squash bowls you desire. For an extra creamy texture, you can add a small can of unsweetened coconut milk.

STEP 1 Preheat the oven to 425 degrees Fahrenheit. Cut the top off of the squash and scoop out the seeds. Place the squash on a baking sheet and bake for 30 minutes.

STEP 2 Cut 6 slices of beef (to make the shape of an “I”), wrap up and place into the refrigerator for later. Cut the rest of the beef into one-inch cubes. Put the cubes into a pot and cover with water. Heat the water on high heat until boiling. Boil the beef until it is gray in appearance. Drain out all water and rinse the gray beef with fresh cold water.

STEP 3 In a clean pot, add 1200 ml of water and heat to almost boiling. Add the boiled beef, after the water is boiling and simmer on low heat for 20 minutes.

STEP 4 Cut the apples into 1-inch cubes and add them into the pot with the beef. Continue to simmer on low heat for 10 minutes.

STEP 5 Take the squash out of the oven. Scrape some of the cooked flesh from the rind; be careful not to pierce the rind of the squash. Take the scraped-out flesh and place it in a blender or food processor. Blend the squash until it forms a thick liquid. Add the pureed squash to the stew and stir to combine. Cook on medium heat for 5 more minutes.

STEP 6 Turn off the heat on the stove and add the curry. Stir evenly to break up all chunks of curry. Turn the heat up to medium and cook for 2 minutes. Make sure the curry is combined well and break up any chunks. Keep stirring. Be careful as the bottom scalds easily after adding the curry. Pour the beef curry into each squash rind.

STEP 7 Take the 6 beef slices from the refrigerator. In a pan, heat up the canola oil on medium heat. Add the beef and pan-sear for about 2-3 minutes on each side until the beef is slightly brown on each side. Add salt and pepper as desired. Put the pan-seared beef slices on top of the beef curry in the squash bowls to make an “I” shape. GO VANDALS!

Nutritional Data for Vandal Gold Beef Curry Stew (per serving)

- Calories 382 calories
- Total fat 15 g fat, 5 g saturated fat

- Cholesterol 48 mg
- Sodium 515 mg
- Total carbohydrate 33.5 g
- Protein 24 g
- Dietary fiber 9 m
- Sugar 5 g