



Beef Curry Stew



Ingredients:

2 lbs chuck steak (1.5 inch thickness)
6 medium garlic cloves, chopped
1 can chicken broth
1 box Japanese curry roux cubes
1 tablespoon shoyu
2 carrots, peeled & chopped
4 Yukon potatoes, peeled & chopped
4 celery stalks, chopped

Caramelized Onion Puree:

1.5 lbs sweet onions, thinly sliced
3 tablespoons butter
1/3 teaspoon baking soda
Kosher salt and ground black pepper to taste

Directions:

Making Caramelized Onion Puree

1. Heat up Instant Pot (press saute button). Wait until indicator says HOT.
2. Melt butter in Instant Pot. Add in sliced onions, baking soda. Saute until moisture starts to come out of onions (~5 mins). Close lid and pressure cook at high pressure for 20 minutes, then quick release. Open lid.
3. Reduce until most moisture has evaporated (keep stirring mixture with Instant Pot on saute function). Takes roughly 15 minutes. Keep stirring until onions are deep golden brown.
4. Season with Kosher salt and ground black pepper to taste.
5. Remove caramelized onion puree and set aside.

Cooking the Meat

1. Heat up Instant Pot (press saute button). Wait until indicator says HOT.
2. Lightly season chuck steak with Kosher salt and black pepper.
3. Add 1 tablespoon of olive oil to coat the bottom of pot.
4. Add seasoned chuck roast in pot. Brown for 5 mins on each side without flipping.
5. Remove and set aside on chopping board.
6. Add in chopped garlic and stir (about 30 seconds).
7. Deglaze by pouring half of the can of chicken broth and scrub all brown bits with non-stick spatula.

Cooking the Meat (Continued)

8. Cut the chuck steak into 1.5 to 2 inch stew cubes, and place along with meat juice back into pot.
9. Add remaining half can of chicken stock, 1 tablespoon shoyu and caramelized onion puree. Mix well.
10. Close lid and pressure cook on high pressure for 32 minutes.
(While meat is cooking, you can cook the vegetables in a separate pot on the stove to speed up the process)
11. Natural release for 10 minutes and release remaining pressure. Open lid.
12. Mix in 4 blocks of Japanese curry roux cubes one by one.

Cooking the Vegetables

1. Mix in 4 blocks of Japanese curry roux cubes one by one.
2. Add in vegetables and cook until soft (making sure the water level is about half an inch below the vegetables – remove or add water as needed).
3. Add in remaining Japanese curry roux cubes and stir until melted.
4. Add the cooked vegetables and curry from the pot to the meat and caramelized onion mixture in the instant pot and stir well.

Serve over hot rice and enjoy!