

## **NYALA CURRIED SAMP & BEANS WITH BEEF**

### **INGREDIENTS:**

**30 cups Nyala Easy Cook Samp**  
**10 cups canned sugar beans, drained**  
**6 kg diced beef (stewing cuts)**  
**60 tablespoons vegetable oil, approx. 900 ml**  
**10–15 onions, finely chopped, approx. 2.5–3.5 kg**  
**10 star anise**  
**15 bay leaves**  
**10 cinnamon sticks**  
**20 curry leaf sprigs**  
**40 teaspoons ginger and garlic paste**  
**25 tablespoons masala (curry masala blend)**  
**15 teaspoons chilli powder (adjust to taste)**  
**10 teaspoons ground fennel**  
**10 teaspoons turmeric**  
**15 teaspoons garam masala**  
**20 tomatoes, peeled and grated, approx. 2.5 kg**  
**Salt, to taste**  
**Fresh coriander, chopped, approx. 500 g or 10 bunches**  
**12–15 litres water, plus extra if needed during cooking**

### **METHOD:**

- 1. Soak the samp (optional):** Rinse the samp thoroughly under cold water. Place in large containers, cover generously with cold water, and soak for 4–6 hours or overnight to reduce cooking time. Drain and rinse before cooking.
- 2. Heat the oil and aromatics:** In one or more large heavy-bottomed pots, heat the vegetable oil over medium heat. Add the star anise, bay leaves, cinnamon sticks, and curry leaf sprigs. Fry briefly until fragrant, stirring to prevent burning.
- 3. Sauté the onions and paste:** Add the chopped onions and cook, stirring frequently, until softened and golden. Stir in the ginger and garlic paste and cook until aromatic.

- 4. Add the spices:** Add the masala, chilli powder, ground fennel, turmeric, and garam masala. Fry gently, stirring constantly, until the spices are toasted and fragrant. Add a splash of water if the mixture begins to stick.
- 5. Brown the beef:** Add the diced beef and mix well to coat with the spice mixture. Cook uncovered until the beef is browned and any released liquid begins to reduce.
- 6. Add tomatoes and cook down:** Stir in the grated tomatoes and season lightly with salt. Cover and cook until the tomatoes break down and the sauce thickens slightly.

**Add samp, beans, and water:** Add the drained samp and sugar beans. Pour in 12–15 litres water, or enough to cover the mixture by about 5–10 cm. Bring to a boil, then reduce the heat, cover, and simmer.

- 1. Simmer until tender:** Cook gently until the beef is tender, the samp is soft, and the curry has thickened into a rich gravy. Stir occasionally and add additional hot water as needed to maintain a thick, saucy consistency.
- 2. Finish and garnish:** Taste and adjust seasoning. Remove whole spices if desired. Stir through or garnish with chopped fresh coriander before serving.
- 3. Serve hot:** Serve as a hearty samp and beef curry stew.