

Ceylon Cinnamon Beef Curry

Ingredients:

- 2 lbs beef, cubed
- 2 pieces Ceylon cinnamon sticks
- 1 piece dried bay leaf
- 1/4 teaspoon crushed red pepper/chili
- 1 cup chopped onion
- 4 pieces cloves
- 1 tablespoon chopped garlic
- 2 medium tomatoes, sliced
- 1 tablespoon lemon juice
- 2 tablespoons ginger, minced
- 2 tablespoons curry powder
- 1 1/2 cups fresh milk (or coconut milk)
- 1/2 teaspoon salt
- 2 tablespoons cooking oil

Method:

- Heat 2 tablespoons of Olive oil in a cooking pot for 2 minutes
- Add onions and garlic stir
- Add beef and cook until the color turns light brown.
- Add crushed red chili, bay leaf, cloves, cinnamon sticks, and curry powder.
- Pour-in coconut milk (or normal milk).
- Add tomato, ginger, lemon juice, and salt. Stir and simmer until the sauce thickens and the beef becomes tender.
- Serve with steamed white rice.