

## **World Food Day and National Curry Week**

Tommy Miah, MBE, and the Sreepur Village, Bangladesh are celebrating World Food Day (16<sup>th</sup> October, 2017) and National Curry Week (9<sup>th</sup>-15<sup>th</sup> October, 2017) this week.

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In recognition of these important dates, Tommy presents a fantastic recipe from the renowned EAT ASIA range:



### **Malaysian Beef Rendang**

This dish has a unique flavour, and by varying the amounts of sugar and chillies a whole range of effects can be produced. Serve over rice.

### **Ingredients**

180g desiccated coconut  
175g shallots  
3 cloves garlic  
15 dried red chillies  
5 slices fresh root ginger  
5 lemon grass sticks, chopped  
2 teaspoons coriander seeds  
2 teaspoons fennel seeds  
2 teaspoons cumin seeds  
1 pinch nutmeg  
1 tablespoon vegetable oil  
575g diced beef stewing steak  
1 1/2 tablespoons caster sugar

5 whole cloves  
1 cinnamon stick  
1 (400ml) tin coconut milk  
200ml water  
Salt to taste

## **Method**

Heat the coconut in a dry wok, stirring continuously until golden brown. Set aside to cool.

Using a blender or a food processor, blend the shallots, garlic, chillies, ginger and lemon grass to a thick paste.

Grind the coriander, fennel, cumin and nutmeg.

Using the wok, fry the shallot paste in a little oil for a few minutes. Add the ground coriander, fennel, cumin and nutmeg; cook for 3 to 4 minutes, stirring continuously. Add beef; cook over a medium heat for a further 3 to 4 minutes, or until meat is browned.

Stir in sugar, coconut, cloves, cinnamon stick, coconut milk and water. Bring to the boil, lower heat, and simmer until most of the liquid has gone and the meat is tender (about 1 hour). Season with salt to taste.

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## International Indian Chef of the Year Competition & Awards, 2017



**Tommy Miah with Guest of Honour HRH The Princess Royal and competition winner Milon Miah**

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Tommy Miah- the founder of International Indian Chef of the Year Competition & Awards- has also been busy marking World Food Day and National Curry Week by holding the 26<sup>th</sup> annual edition of his awards.



The awards ceremony took place at the ILEC Conference Centre, London on Monday October 9<sup>th</sup>, 2017 in front of Guest of Honour HRH the Princess Royal.



It was a fantastic evening celebrating the very best of Indian cuisine, and a great time was had by all in attendance.



**Dance Asia with their Bollywood Dance Tribute**