

# BEEF KARE RAISU FROM SCRATCH

**Prep time:** 20 minutes

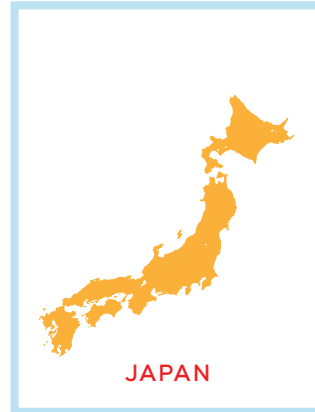
**Cook time:** 5 to 6 hours on low, 2 to 3 hours on high

**Serves** 6

Grown-ups and kids love this savory and hearty curry. Many recipes call for store-bought curry blocks, but if you want to have some control over the roux ingredients and avoid the preservatives and MSG, making Japanese curry from scratch is a cinch. Just making the roux in a saucepan usually takes 30 minutes, but you can do all the prep for this recipe in less time than that. I use beef in this recipe, but you can easily substitute chicken or pork, or omit the meat altogether.

6 tablespoons all-purpose flour  
 2 tablespoons S&B curry powder  
 2 teaspoons salt  
 ½ teaspoon ground cayenne pepper (optional)  
 1 to 1½ pounds beef stew meat, cut into ½- to 1-inch pieces  
 2 tablespoons vegetable oil  
 3 tablespoons butter  
 1 tablespoon ketchup  
 1 tablespoon tonkatsu sauce or Worcestershire sauce  
 4 cups low-sodium chicken broth  
 2 medium Yukon gold potatoes, cut into ½-inch cubes  
 3 medium carrots, cut into ½-inch cubes  
 1 medium yellow onion, diced  
 ¼ cup frozen peas (optional)  
 ¼ cup frozen or canned corn kernels (optional)  
 2 tablespoons cornstarch  
 ¼ cup water

1. In a large bowl or resealable bag, combine the flour, curry powder, salt, and cayenne, if using. Add the beef to the flour mixture and stir to coat.
2. In a large pan, heat the oil over medium-high heat. Knock off the excess flour mixture from the beef and, reserving the flour mixture, place the beef in the pan and brown it on all sides. Transfer the browned meat to the slow cooker.
3. Adjust the heat to medium-low and add the butter. Once the butter is melted, add the reserved flour mixture, ketchup, and tonkatsu sauce, and cook for 5 minutes, stirring regularly.
4. Add the broth to the pan and raise the heat to medium-high. Cook for 2 minutes. Turn the heat off and transfer the sauce to the slow cooker.
5. In the slow cooker, add the potatoes, carrots, and onion.
6. Cover and cook on low for 5 to 6 hours, or on high for 2 to 3 hours.



7. Add the peas and/or corn kernels, if using.
8. In a small bowl, combine the cornstarch and water. Mix well, then pour into the slow cooker.
9. Cover and cook on high for 15 minutes. Once the sauce is thickened, stir and serve over rice.

**SUBSTITUTION TIP:** If you do not have S&B curry powder, you can use 1 tablespoon of any curry powder plus 1 tablespoon garam masala.

**PREP IT RIGHT:** Most of the prep time is from chopping vegetables. You can do all this prep beforehand and store the veggies in the fridge until you are ready to cook.

**DIET TIP:** Tonkatsu sauce usually has gluten in it, so use Worcestershire sauce for a gluten-free option.

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**Per Serving:** Calories: 375; Total fat: 17g; Protein: 29g; Carbs: 26g; Fiber: 3g; Sugar: 4g; Sodium: 1,010mg