



Massaman Roasted Beef

Made with Life's Good Massaman Paste

Roasting piece of beef (or alternatively lamb or goat)

Approx 2 – 3 tbsp Life's Good Massaman Paste (amount will vary depending on size of roasting meat - If unaccustomed to spicy food, use less rather than more paste)

Generous amount of brown sugar

Preheat oven to 250 – 280 C. Make small deep incisions into roasting piece of meat at intervals all over surface. As you insert the knife, twist slightly to make a roundish hole. Push Massaman Paste down into holes using your fingers or a small spoon if preferred. Ensure all holes are filled with paste then smear any excess over outside of meat. Sprinkle a generous amount of brown sugar across the top surface of the meat. This will caramelize during cooking and combine with the paste to create a delicious crust. Roast for 1/2 hour per 500 grams. After 30 mins, turn oven down to 180 degrees C for the remainder of cooking time. Once cooked allow to rest for 10 mins prior to slicing.

Enjoy!

