



Recipe: Shah's Basic Curry Sauce

This one-pot dish can be used for simple meat, fish or vegetable curries. Use the best oil you can afford because it brings out the best of the spices.

The oil does affect the flavour considerably – use corn or olive oil for sweeter dishes like korma or dhansak, mustard oil for bitter more savoury flavours, and vegetable oil is neutral.

Ingredients: 2 tbsp oil
1 medium onion, finely chopped
2 fat cloves garlic
Same amount of ginger
Mixed curry powder
Whole spices to taste
Salt
Sprinkling chilli powder
4 chicken breasts (or same amount of meat or vegetables)

Method:

1. Heat 2 tablespoons of oil in a pan and sweat onion until soft
2. Whizz equal quantities of garlic and ginger into a paste
3. Mix a dessert spoonful into the onions and fry for 5 mins to bring out the fragrance of the garlic and taste of the ginger
4. Mix in your choice of whole spices – maybe a combination of bay leaf, cinnamon, cloves, star anise, which bring an extra layer of fragrance when added whole rather than powdered – and cook for 2 minutes
5. Add your meat or vegetables and leave to soften slowly
6. Add your mixed curry powder 10 minutes before the meat/vegetables are cooked
7. Add salt and chilli powder to taste
8. Add a cup of water and cook down to your preferred consistency
9. Serve with rice or bread

Serves: 4 persons

Please do not hesitate to consult with our Executive Chef!