

star of india



Recipe: Shah's Marinade

Ever wondered why the pieces of meat in Shah's restaurant curries or take-always are always succulent and tender but don't fall apart?

"It's all in the marinade", says Shah.

He says it's vital to marinade your meat in the fridge ideally for a day in advance to tenderise and relax it, so it cooks all the way through, has a soft moist texture and doesn't break up.

"You taste food with your eyes first, then your mouth. No one fancies a chicken korma when they can see small broken up dry bits of chicken."

Ingredients: 100ml plain yoghurt
1 tsp mixed curry powder
1 tsp mustard oil

Method: Mix ingredients together and rub into the meat all over.
Leave in the fridge for at least 3-4 hours to relax (can be kept for a couple of days) before cooking.

Please do not hesitate to consult with our Executive Chef!