

## The Body Base

1.66  
600g of Spanish/Dutch Onions when peeled  
80g of carrots  
1/4 of a green bell pepper  
1/4 of a red bell pepper  
1 tablespoon of blended garlic  
2 teaspoons of blended ginger  
300ml of Rapeseed Oil  
1 1/2 level teaspoons of table salt  
1.5 litres of hot water  
100g of tinned plum tomatoes  
4 green cardamoms  
1 1/2 tablespoons of mix powder  
1 1/2 teaspoons of garam masala  
1 1/2 teaspoons of onion powder  
1 1/2 tablespoons of tomato paste  
50g of block coconut cream

## Method

1. Peel the onions and chop relatively fine, approx 1/2 to 3/4 inch pieces
2. Chop the 1/4 green and red pepper into 1/2 inch pieces.
3. Slice the carrots thinly
4. Add the oil to a pan on a low to medium heat, and allow the oil to start to warm up.
5. Add half of the chopped onions. Sprinkle half of the salt over the top of these.
6. Add the remaining onions, sprinkling the remaining salt over the top again. It is during this stage that the salt will begin to react with the onions.
7. Allow the oil to slowly gain temperature.
8. At the point when the oil is just starting to gently fry the onions, give the onions a stir.
9. Add the garlic, followed by the ginger, and stir in. At this point, approximately 4 minutes should have elapsed since adding the oil to the pan.
10. Add the chopped red and green pepper, green cardamoms and carrot. Stir in and allow to cook.
11. After 20 minutes from adding the oil to the pan, add the water.
12. Place the lid on the pan and turn up the heat to boil the contents. Once boiling, turn down to a simmer and add the plum tomato.
13. Stir in and replace the lid. Cook for 30 minutes.
14. Add the mix powder, onion powder and garam masala. Do not stir in.
15. Cook for 10 minutes.

16. Add the tomato paste and block coconut. Stir in and allow to simmer for 20 minutes.

17. Turn off the heat and blend the gravy.

**Note 1:** the gravy should be the consistency of thin soup.

Here is the recipe for the mix powder.

Note: The individual spices or the mix powder are available from the RCR Shop at [www.spices-of-asia.com](http://www.spices-of-asia.com), these being the same spices as used in the restaurant and takeaway.

The mix powder is a combination of spices. The original was far more detailed but has now been refined to the following. Please note that the recipe calls for "Supreme" curry powder and garam masala. Using these products you would totally replicate the takeaway in terms of 100% accuracy. However you may find these difficult to obtain unless you have a really good Asian store close by. The next best brand of these two requirements is "East End" but you will sacrifice the taste slightly. The last ones you could use are "Rajah" products, but the taste will diminish a little further. We have tried all three and can tell the difference, if only marginal, but we had to reproduce equivalent end products.

Note 1: Please ensure all spices and ingredients are fresh.

You will need to mix the following:

All measurements are level teaspoons.

- 8 teaspoons of turmeric powder
- 6 teaspoons of Supreme curry powder (must just say curry powder, not Madras powder of anything else).
- 5 teaspoons of coriander powder
- 4 teaspoons of cumin powder
- 2 teaspoons of garlic powder
- 2 teaspoons of Supreme garam masala
- 1 teaspoon of ginger powder

Mix all together and store in an airtight container.