

BIR Basics and Curry Recipes

**A Collection Of Hints and
Favourite BIR Recipes**

BEST RECIPES

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1. Basics of British Indian Restaurants (BIR) Curry

These curries have been developed so that everything can be pre-prepared so the actual curry can be made very quickly. These are basically the meals you get from a restaurant or take away.

Most BIR curries are made of the basic ingredients –

- i. Curry base sauce or gravy (can be boiled or made with a pressure cooker)
- ii. Garlic and ginger paste
- iii. Spices, including a spice mix made of various spices
- iv. Tomato dilute – tomato puree diluted 1 part to 2 or 3 parts water
- v. Precooked veg or chicken/lamb

So for a good curry you will need to prepare base gravy, the garlic and ginger paste (60/40 mix), pre-mixed spice mix, other spices, pre-cooked chicken all before cooking the curry itself.

You may also have to practice the method of cooking, items are cooked quickly using high heat, and constantly moved around during the frying stage using a chefs spoon. Then as you add the base gravy, let the sauce cook and reduce using high heat, with just the odd stir to stop burning. To get a good idea of this, view some Indian chefs on Youtube making curries – there are lots. A good aluminium/metal type frying pan with rounded edges is also needed, along with a chefs spoon for cooking.

The typical base gravy recipes in this document will make enough gravy for around 10 meals.

A medium jam jar full of garlic/ginger paste will make around 10 meals.

1 KG of pre-cooked chicken will make around 5 meals.

Most curries can be made as follows –

Fry onions/pepper/fresh chilli in sunflower oil for 1 min - you can also add butter ghee and hot/curry oil (Chalice from ASDA) for extra flavour. Experiment with this to see what you think.

Add garlic/ginger paste fry for 30 secs or so.

Add spices and fry for 30 secs or so.

Add tomato paste dilute and fry for 30 secs or so.

Add 1/3 to 1/2 base gravy and cook for 1 min.

Add veg/meat and continue to cook for 3 mins.

Add coriander.

Add rest of gravy and cook for around 3 mins.

Garnish with coriander.

2. Basic Stock of Ingredients

As minimum, you will need the following from a good Asian store (Locally the Asian store at the Old Normacott Hotel is very good – Al Madina, or Pac Foods in Shelton) :

Ground Spices (around 90p for a bag) –

**Tumeric
Coriander
Cumin
Chilli
Paprika
Garam Masala
Tandoori Masala
Mild Madras**

Non-Ground Spices (around 90p for a bag) –

**Cumin Seeds
Methi (dried fenugreek leaves)
Cinnamon Sticks
Star Anise
Cloves
Green Cardamoms
Bay Leaves**

Fresh Spices –

**Ginger
Garlic
Chilli
Coriander**

Other –

**Tin of butter ghee
Bottle of sunflower oil
Creamed coconut (for korma type dishes)
Ground almonds (for korma type dishes)
Asda hot chilli oil (Chalice) - add to normal oil for extra flavour and heat as an option.
Asda curry oil (Chalice) - add to normal oil for extra flavour as an option.
Mr Naga, Naga Pickle – can add lots of heat and a very distinctive taste to a curry.**

3. Notes Regarding The Recipes

For the recipes within this document, where possible, the original recipe is made reference to. Most of the recipes are taken from the following websites and ebooks (permission from author has been agreed), although some are my own concoctions :

Curry Recipes Online (CRO) forum (<http://www.curry-recipes.co.uk/curry/index.php>) – excellent forum for all sorts of recipes and tips.

Cook4One (<http://www.cook4one.co.uk/>) another great BIR curry website.

A few recipes are also taken from the excellent ebooks British Indian Restaurant Style Cooking - Books 1 and 2 by Mick Crawford (CurryBarkingMad) – any self respecting BIR chef should get these! Also check out his many videos. (<http://www.indiancurryrecipes-cbm.com/>).

Curry2go website (Julian Voigt), also has a good ebook, and has many videos on his site and Youtube. (<http://www.curry2go-online.com/>).

There are also many useful videos on Youtube – just search for BIR cooking/recipes, or your particular favourite meal – I'm sure you will find something.

In the recipes that follow I have added some ratings for them out of 10 (in square brackets) to try and indicate which are very good recipes. Peoples' tastes obviously vary though, so what I have enjoyed, you may not, and vice versa, of course.

A good tasty meal = 8

Very good meal = 8.5

Outstanding Meal = 9

4. Notes on Weights and Measures

1 tsp = 5ml

1 dsp = 2 Tsp = 10ml

1 tbsp = 3 Tsp = 15ml

1 Chef spoon = approx 3 tbsp = 9 tsp

1 Cup = 250ml

For spices, 1 Tsp = 5ml = 5mg (approx)

Typically, a single curry portion will use around 175g of chicken/meat or main vegetable.

5. Garlic/Ginger Paste

A half portion makes enough for around 8-10 curries.

Ingredients:

Half

Garlic cloves 180gms

90g

Ginger chopped 120 gms

60g

Turmeric 1 1/2 tsp

¾ tsp

Oil 120ml or 8 tbs

60ml or 4 tbs

Method:

Blend all items in blender until smooth, put in jar and cover with additional layer of oil to seal.

Will keep for around 3 weeks or can be frozen.

Note that most Asian type stores will have garlic paste, ginger paste, and also garlic/ginger paste already mixed. If you don't want to make your own, then use these. Not quite as fresh as making your own, but still gives very good results.

6. Spice Mixes

There are many different spice mixes, many people make their own version.

The following are all taken from Curry Recipes Online. All of the ones below should give decent results.

Cory Anders Spice Mix

	Eighth	Quarter
4 tbsp tumeric powder	2 tsp	4 tsp
3 tbsp coriander powder	1 ½ tsp	3 tsp
3 tbsp sweet paprika powder	1 ½ tsp	3 tsp
2 tbsp cumin powder	1 tsp	2 tsp
1 tbsp garlic powder	½ tsp	1 tsp
1 tbsp dried fenugreek leaves (rubbed using fingers)	½ tsp	1 tsp
0.5 tsp ginger powder	¼ tsp	½ tsp
0.5 tsp cardamom powder	½ tsp mild madras?	1 tsp
0.5 tsp fenugreek powder	-	

Ifindoru Spice Mix

5 tsp tumeric powder
5 tsp curry powder (mild madras)
3 tsp cumin
2 tsp paprika
3 tsp coriander
½ tsp chilli powder
1 tsp garam masala

Chewy Tikkas Mix

4 tsp Madras Curry Powder
2 tsp Turmeric Powder
2 tsp Coriander Powder
2 tsp Cumin Powder
1 tsp Chilli Powder
1 tsp Garam Masala

Abduls 8 Spice Mix (reduced chilli) Half

4 tsp Mild Madras	2 tsp Mild Madras
4 tsp Paprika	2 tsp Paprika
8 tsp Turmeric	4 tsp Tumeric
4 tsp Coriander	2 tsp Coriander
1 tsp Chilli Powder	1/2 tsp Chilli Powder
2 tsp Cumin	1 tsp Cumin
2 tsp Garam Masala	1 tsp Garam Masala
1 tsp Tandoori Masala	1/2 tsp Tandoori Masala

7. Base Recipes

When finally completed, the base should be a little watery – like the texture of a quite watery soup. Once made, you can use the base for around 3 days, then freeze what is left for future use. Each portion of curry will require about 250-300ml of gravy. The base should not be too spiced, as the spices will be added to each curry according to the recipe, to give its own specific taste.

7.1 Rich Curry Base (CRO, Cory Anders Base CRO + Abduls Mods)

This is a good, quite flavoured base, and the optional extras make it a little richer. Makes about 2.7 litres of curry base (9 single portion curries). Abduls mod from CRO makes about 3 litres, (10 portions).

Ingredients :

Veg:

600g onions
40g fresh garlic
25g fresh ginger
50g tomato paste
175g fresh tomato
60g carrot
60g green capsicum
30g coriander stalks/roots
½ green chilli

Abduls Mod (richer base)

700g onions
40g fresh garlic
25g fresh ginger
50g tomato paste
175g fresh tomato
90g carrot
80g green capsicum
30g coriander stalks/roots
½ green chilli
250g peeled potato
200g tinned tomato

Spices:

1 heaped tsp curry powder (mild madras)
3 heaped tsp spice mix
1 tsp salt

Other:

125ml sunflower/rapeseed oil
1600ml water

1 heaped tsp curry powder (mild madras)
4 heaped tsp spice mix (Abduls 8 spice mix)
1 tsp salt

175ml sunflower/rapeseed oil
1900ml water

Plus (optional for either of the above bases) -
coconut block 25g *

muslin bag/spice ball (6 off cardamom, 4 off bay, 1 star anis, 50mm cinnamon) *

Method :

Wash and all vegetables.

Place all ingredients in pressure cooker.

Pressure cook for around 20 minutes (or boil/simmer for about 1 ½ hours).

Cool pan with base in cold water, until warm.

Blend to a soup-like consistency with hand blender (takes approx 5 mins). If too thick, add a little more water.

Put through sieve to get rid of fibrous stuff.

Optional - Re-boil and simmer for 15-20 minutes, removing scum with chefs spoon.

7.2 Taz Base (CRO)

This base uses less ingredients, but still gives excellent results. Makes about 2.8 litres (9-10 portions).

Ingredients :

Veg:

6 medium size onions, roughly chopped

6 garlic cloves, roughly chopped

2 x 1" pieces of ginger, roughly chopped

1 green pepper, roughly chopped

400g tin of chopped tomato

Spices:

5 tsp tumeric

5 tsp coriander

4 tsp cumin

Other:

300ml oil

2 litres water

Method :

Wash all vegetables and chop.

Place all ingredients in pressure cooker.

Pressure cook for around 20 minutes (or boil/simmer for about 1 to 1 ½ hour).

Cool pan with base in cold water, until warm.

Blend to a soup-like consistency with hand blender (takes approx 5 mins). If too thick, add a little more water.

Put through sieve to get rid of any fibrous stuff.

Re-boil and simmer for around 20 minutes, until oil starts to rise.

7.3 Chewy Tikkas Base (CRO, using pressure cooker)

Makes approx 3 litres (approx 10 portions).

Ingredients :

**4 big Onions.
1 medium carrot,
1 medium green capsicum .
A quarter of white cabbage.
A handful of fresh coriander.
Small bulb of Garlic.
3 inch piece of fresh ginger.
Quarter of a tube of tomato puree.
1tbsp of salt.
1tsp of Haldi.
1tsp of Mixed Powder.**

Method :

**Put the pressure cooker on medium heat, add 150ml of veg oil, add ginger & garlic.
quickly stir fry and cook out (1minute).
Add all the veg.
Add quarter of a tube of tomato puree and pour on 500ml of boiling water and 1tbsp of salt.
Clamp the lid on and turn the heat up high, until the pressure peaks.
Once under pressure, turn the heat down and time it for around 30 minutes.**

**Switch off, and let the pressure escape.
Open and stir in 1tsp of Haldi and Mixed Powder, then stick blend smooth.
Pass through sieve to remove hard pieces – optional.**

**Transfer the sauce to a clean curry pot, add three cups of boiling water, mix well and bring it back to the boil.
Leave on a high simmer, a froth will start to appear.
Skim the froth off and discard, this will occur three or four times in 10 minutes.
You will know when the sauce is ready, when the froth stops and the oil separates and starts (as if by magic) rising to the surface**

7.4 Quick Soup Base

This base can be made much quicker than the full method, but gives very good results – very little difference in the curry final taste. Makes about 2.5 litres (9 portions). Optional hard spices just add a little more flavour.

Ingredients :

Veg:

2 x finely chopped onion

1/4 finely chopped green pepper

1/2 large tin (200g) of chopped tomatoes/passata

30g fresh chopped coriander

4 tbs tomato puree

5 tsp garlic/ginger paste

(optional) 4 off cardamon, 2 off bay, 1 star anise, 50mm cinnamon stick

Spices:

1 tsp mild madras

2 tsp mixed powder

1/2 tsp salt

Other:

1 x Baxters French Onion Soup

1 x Heinz Farmers Market Seven Veg Soup

1 x Carrot and Coriander soup

4 tbs oil

20g creamed coconut block

Approx 300-400ml of water

Method :

Add oil in saucepan and heat.

Add onion/pepper and (optional) hard spices and fry until soft.

Add garlic paste, mild madras, mixed spice, salt and cook for 1 or 2 mins.

Add soups, chopped tomato, coriander and bring to boil.

Add coconut block, then simmer for 10-15 mins, stirring occasionally to stop sticking.

Take off heat and cool a little, remove hard spices if used.

Add water.

Hand blend until smooth.

8. Pre-Cooked Chicken/Vegetables

8.1 Pre-Cooked Chicken [8.5/10]

Don't simmer too long – this doesn't take very long to cook. Produces nice flavoured, succulent chicken.

1KG = around 6 portions.

Ingredients :

Put all the following into a pan-

For 2 KG

Spices:

6 tsp ginger/garlic
4 green cardomons
4 bay leaves
1 x 4 inch sticks cinnamon
½ tsp spoon salt
2 tbs tomato paste
2 tsp mix powder
1 tsp turmeric
4 cloves
1 star anise

Other:

2 hpd tsp pataks tika paste
2 chef spoon veg oil
water to cover

For 1KG

3 tsp garlic/ginger paste
2 green cardomons
2 bay leaf
½ stick cinamon
¼ tsp salt
1 tbs tomato paste
1 tsp mix powder
½ tsp tumeric
2 cloves
½ star anise

2 hpd tsp pataks tika paste
1 chefspoon veg oil

Method :

Add the diced chicken (1" pieces) and add water until all chicken is covered.

Bring to boil, then simmer until chicken is just cooked (around 8-10 mins). Check a large piece of chicken to ensure that it has cooked properly.

Note that the stock that is left after making the chicken can be used to add a little extra flavour to more spicy/stronger dishes – eg Madras, Chilli Bahar, etc. but – not recommended for milder dishes such as korma as it adds a little too much flavour. The stock can be frozen for future use, but you will not need a lot. Suggest adding around 50ml to a dish.

8.2 Pre-Cooked Slow Cooked Lamb/Mutton [8.5/10]

Mutton takes longer to cook, but when cooked slow produces nice results. Could use the same method for beef.

1KG = around 6 portions.

Ingredients :

Put all the following into the slow cooker pot -

For 2 KG

Spices:

6 tsp ginger/garlic
4 green cardomons
4 bay leaves
1 x 4 inch sticks cinnamon
½ tsp spoon salt
2 tbs tomato paste
2 tsp mix powder
1 tsp turmeric
4 cloves
1 star anise

Other:

2 chef spoon veg oil
4 hpd tsp pataks tika paste
water to cover

For 1KG

3 tsp garlic/ginger paste
2 green cardomons
2 bay leaf
½ stick cinamon
¼ tsp salt
1 tbs tomato paste
1 tsp mix powder
½ tsp tumeric
2 cloves
½ star anise

1 chefspoon veg oil
2 hpd tsp pataks tika paste

Method :

Add all the above to the slow cooker, then add the diced lamb (1" pieces) and add water until all meat is covered.

Set on low, and cook for around 5-6 hours. Check meat every few hours and give a little stir.

Note that the stock that is left after making the meat can be used to add a little extra flavour to more spicy/stronger dishes – eg Madras, Chilli Bahar, etc. but – not recommended for milder dishes such as korma as it adds a little too much flavour. The stock can be frozen for future use, but you will not need a lot. Suggest adding around 50ml to a dish.

8.3 Pre-Cooked Lentils For Dhansak etc [8.5/10]

Makes excellent dhal for adding into Dhansak recipes. Also, tasty as a side dish. Use around 2 full chefspoons for a main dish.

Ingredients

(Makes around 4-5 side portion sizes of dhal)

200g red lentils
Approx 300l of water
1 tsp garlic/ginger paste
½ chopped chilli
½ tsp salt
½ tsp tumeric
1 bay leaf
1 cinnamon stick (2")
3 tbs fresh chopped coriander
2 tbs oil
½ tsp cumin seeds
½ onion, finely chopped
6 chopped garlic cloves

Method

Wash lentils in running water until water is no longer cloudy.
Put in pan and add water.
Add the garlic/ginger paste, chopped chilli, salt, turmeric, cinnamon, coriander and stir.
Bring to the boil, then simmer for around 15-20 mins until lentils are cooked.
While lentils are cooking, prepare tarka (onion/garlic mix) -
Add oil in a second pan/frying pan and heat.
Add cumin seeds and fry for 1 min.
Add onion and fry for 1 min.
Add garlic and fry until it just starts to brown, then remove from heat.
Now add the tarka to the lentils.
Check for salt, add a little more if required.
Remove bay leaf and cinnamon stick after cooking.

8.4 Pre-Cooked Vegetables

Suggested veg for vegetarian curries –

**Potato
Carrot
Sweet Potato
Cauliflower
Mushrooms
Peas
Spinach
Lentils**

Pre-cook hard veg until just about done, or slightly underdone (they will cook a little more when making the curry). Softer veg like mushroom, spinach can be added when making the curry.

If you want to add more flavour to veg, use the pre-cooked chicken recipe and cook the veg until just cooked.

Good vegetarian matches are –

**Sweet potato and mushroom
Potato and carrot
Chick peas and onion**

9. Rice Recipes

9.1 Plain Rice [8/10]

Nice plain rice – sometimes it's good to have instead of Pilau.

Ingredients :

3-4 portions	4-5 portions	6-8 portions
250g rice	350g rice	500g
0.45 litres water	0.65 litres	0.9 litres

Method :

Put the rice in a saucepan with lots of water – keep swilling. Leave for a good few mins. Drain and repeat. Keep doing this as you are preparing items for your meal. Continue until water is pretty much clear (around 5-6 times). Drain and add correct amount of water for portion size. Add ¼ to 1 tsp salt, depending on portion.

Bring to the boil, then reduce heat to simmer and cover. Should take around 10 minutes.

When cooked, add 1 to 2 tsp butter ghee, depending on portion, and stir in.

If preparing before main meals. Rice will continue to cook a little if left in an oven/warm saucepan, so take off heat when rice is very slightly underdone.

You can “loosen” the rice (so it doesn't stick together), by putting the rice in a large baking tray and put in the oven for around 20 mins, at around 120oC.

9.2 Pilau Rice (Bruce Edwards) [8.5/10]

Ingredients :

3-4 portions	4-5 portions	6-8 portions
250g rice	350g rice	500g
0.45 litres water	0.65 litres	0.9 litres

Method :

Put the rice in a saucepan with lots of water – keep swilling. Leave for a good few mins. Drain and repeat. Keep doing this as you are preparing items for your meal. Continue until water is pretty much clear (around 5-6 times). Drain and add correct amount of water for portion size. Add the following to the saucepan, and give it a good stir –

3-4 portions	4-5 portions	6-8 portions
1 tsp oil	1 ½ tsp	2 tsp
¼ tsp salt	small ½ tsp	½ tsp
1 tsp garlic/ginger paste	1 ½ tsp	2 tsp
½ cinnamon stick,	¾ stick	1 stick
6 green cardamoms,	9 cardamoms	12 cardamoms
4 bay leaves	6 bay leaves	8 bay leaves
5 cloves	7 cloves	10 cloves
1 piece star anise	1 ½ star anises	2 star anise
¾ tsp cumin seeds	1 tsp	1 ½ tsp
½ tsp turmeric (to add colour)	¾ tsp	1 tsp
2 tsp sugar	3 tsp	4 tsp
Optional -		
2 tsp rose water	3 tsp	4 tsp
¼ onion, finely chopped	large 1/4	½ onion
½ tsp fennel seeds	¾ tsp	1 tsp
1 tsp ghee after cooking	2 tsp	3 tsp

Fry onion for 2 mins beforehand if using (Or you just add to rice before cooking). Bring to boil, then reduce to a low simmer, Should take around 10 minutes. Add ghee after cooking if using.

If preparing before main meals. Rice will continue to cook a little if left in an oven/warm saucepan, so take off heat when rice is very slightly underdone. You can “loosen” the rice (so it doesn’t stick together), by putting the rice in a large baking tray and put in the oven for around 20 mins, at around 120oC.

9.3 Garlic Chilli Or Mushroom Fried Rice [8.5/10]

For garlic fried rice, just leave out the chilli.

For mushroom fried rice, replace the garlic and chilli with 4/8/16 mushrooms, chopped.

Ingredients:

For 3-4	For 4-5	For 6-8
Veg:		
8 tbs chopped garlic	12 tbs chopped garlic	16
2 finely chopped chilli	3 finely chopped chilli	4
1/2 quite fine chopped onion	3/4 quite fine chopped onion	1
4 slice green pepper finely chopped	6 slice green pepper finely chopped	8
4 slice red pepper finely chopped	6 slice red pepper finely chopped	8
2 tbs fine chopped coriander	3 tbs fine chopped coriander	4
Spices:		
1/2 tsp salt	3/4 tsp salt	1
1 tsp mix powder	1 1/2 tsp mix powder	2
1/2 tsp chilli	3/4 tsp chilli	1
Other:		
3 tbs oil	4 tbs oil	5
1 tsp butter ghee	2 tsp butter ghee	3
portion pilau rice	portion pilau rice	portion

Method:

Make standard pilau rice as required.

Heat oil for around 1 min.

For garlic/chilli rice only - Add chopped garlic and chilli, fry for 1 min.

Add onion, green and red pepper and fry for 30 secs.

For mushroom rice only - Add mushroom and fry for 1 min – could also add peas here.

Add salt, mix powder, chilli and fry for 30 secs.

Add pilau rice and fry for 1 min, mixing well.

Add butter ghee (if not added to pilau rice already made) and coriander and fry for 1 min.

10. Side Dishes

10.1 Tarka Dhal (Julian Voigt's Youtube video) [8.5/10]

Makes approx 6 side dish portions.

For lentils-

1 Cup red lentils (approx 200g)
1 ½ cups water (approx 375ml)
Handful of coriander (30-40g)
½ medium potato, par-boiled (or 1 tbs of smash!)
6 pieces of cut tomato
Lemon juice to taste

For onion garlic mix (tarka) –

3 tbsp oil, 1 tbsp curry oil, 2 tsp ghee
¾ finely chopped onion – optional 1 x green chilli, chopped
1 ½ Teaspoon of cumin seeds
7-8 garlic cloves, chopped
½ teaspoon of salt
Optional –
1 tsp spice mix
1 tsp methi leaves
½ tsp chilli

Method –

Put red lentils in pan, add 1 ½ cups water.
Bring to boil, set to low heat and simmer with lid on for about 15 mins.
Lentils will be thick and more yellow.
Add approx one cup of water to lentils.
Add a good large hand full freshly chopped coriander and stir.
Add ½ medium size par-boiled potato – break it up as it cooks (alternatively add 1 tbsp smash!).
In another pan, add oil, spiced oil (ASDA), ghee. Wait till gets hot.
Add cumin seeds, let sizzle for 1 min.
Add finely chopped onion and chilli if using and cook. Take heat down and wait till onions soften – about 1 min or so. Add knob of butter and allow to melt.
Add chopped garlic. Let cook and wait till garlic is just going brown.
Take off heat and add chilli, salt, (spice mix, methi leaves), stir in and fry for 30 secs.
Add onion/garlic mix and tomatoes to lentils and simmer for around 4-5 mins.
Add further salt and water if req'd. Add a little lemon juice to taste. Garnish with fresh coriander.

10.2 Masala Dhal (Bruce Edwards) [8.5/10]

Nice dhal with some base added in. Makes approx 6 side dish portions.

Ingredients -

1 Cup red lentils (approx 200g)
1 ½ cups water (approx 375ml)
2 tbs oil, 1 tsp chilli oil, 1 tsp ghee
½ onion, finely chopped
½ green pepper, finely chopped
1-2 green chillies, finely chopped (according to heat required)
1 ½ tsp spice mix
½ tsp mild madras
¼ tsp chilli
1 tsp dried methi
½ tsp salt
1 ½ tbs tomato puree
½ tomato, chopped
5 chefsp cooked lentils
5 chefsp base gravy
4 tbs fresh chopped coriander

Method –

Put the lentils and water into a pan, bring to the boil and simmer until cooked (approx 10 mins).
Heat the oil for about 1 min, then fry the peppers and chilli for about 1 min.
Add the spice mix, madras, chilli, methi leaves, tomato puree and salt, and fry for a 30 secs.
Add the tomato, curry gravy and cooked lentils, and simmer for a couple of minutes.
Add the coriander, continue to simmer until well cooked (approx 5 mins).

10.3 Bombay Potato (CRO, Russels BIR Bombay Aloo) [8/10]

Sauce should be thick by the end of cooking.

Ingredients

For 1

Veg:

200g chopped potatoes
2 tbsp very finely chopped onion (grated)
1 tomato cut into quarters
2 tbs fresh coriander

Spices:

1 heaped tsp garlic/ginger paste
1/2 tsp turmeric
1/2 tsp salt
1 1/2 tsp mix powder
1/2 tsp chilli powder
1 tsp tomato puree
Finger & thumb pinch of Cinnamon powder

Other:

1 tbs oil, 1 heaped tsp ghee
1/2 tsp smooth mango chutney
Approx 100ml base gravy
Fresh coriander leaves to garnish

For 2

400g chopped potatoes
4 tbsp very finely chopped onion (grated)
2 tomato cut into quarters
4 tbs fresh coriander

2 heaped tsp garlic/ginger paste

1 tsp turmeric

1 tsp salt

2 1/2 tsp mix powder

1 tsp chilli powder

2 tsp tomato puree

Finger & thumb pinch of Cinnamon powder

2 tbs oil, 2 heaped tsp ghee

1 tsp smooth mango chutney

Approx 200ml base gravy

Fresh coriander leaves to garnish

Method :

Boil potatoes in salted water until not quite cooked.

Remove potatoes from pan into a sieve and rinse under cold water to prevent further cooking.

Add oil & ghee to pan and heat.

Add garlic/ginger paste to pan, fry for 30 seconds.

Add onion to pan and fry for about 1 min.

Add a chef spoon of gravy, and tomato puree, cook for 30 secs.

Add salt, mix powder, chilli powder. Make sure nothing burns and fry for 30 seconds.

Add another spoon of gravy, then stir a little.

Add mango chutney and pinch of Cinnamon powder - Stir just until chutney is dissolved.

Add potatoes to pan - stir and coat - avoid breaking the potato chunks!

Add tomato quarters to pan.

Add coriander.

Add any remaining gravy to pan and cook on medium heat for around 2 minutes to reduce the sauce down to the consistency that you like.

10.3 Chana Masala [8/10]

(Serves 4-6)

Ingredients:

450g drained cooked chickpeas (large tin)
2 tbsp vegetable oil
1 tsp cumin seeds
1 large onion, finely chopped
60g garlic/ginger paste
1 tsp spice mix
2 tsp ground coriander
1 tsp garam masala
1/4 tsp chilli powder
1 tsp ground turmeric
1.5 tsp fine salt
2-4 green chillies, finely chopped, seeds and all
400g tin of plum tomatoes, mashed, or 400g chopped tomato
30g fresh coriander
1 tbsp lemon juice

Method:

Heat oil in a large pan, add the cumin seeds. Fry for 1 min or so (they should sizzle nicely).
Add onion and turn the heat down. Cook until golden brown, stirring regularly.
Add garlic/ginger paste and cook for a 1 min or so
Add the spices and salt, fry for 1 min (add a little water if required)
Stir in the tomatoes, chickpeas. Bring to a lively simmer, then turn down the heat to low and add fresh coriander, cook for 20 minutes or until thickened.
Stir in the garam masala and lemon juice.
Check for salt, lemon content.
Garnish with coriander.

10.4 Yogurt Sauce (CRO, Dipuraja's Mint Sauce) [8.5/10]

Makes approx a good breakfast bowl full.

Ingredients:

1 cup natural yogurt (250ml)
2 tbs finely chopped cucumber
1 teaspoon garden mint sauce (I used 2 tbs of large bottle pre-mixed mint sauce – “Crucial”)
3 tbsp. blended mango chutney
2 tsp. lemon juice
1 tbsp sugar
Milk (to thin out the sauce slightly, if required)

Method:

Whisk all ingredients together.

Notes:

Don't add sugar at first and try – add sugar if required.

Could add a little paste to spice it a bit

I found that I didn't need to add milk.

The taste should be slightly sweet and sour.

10.5 Spicy Onion Chutney (CRO, Gazzman's Amazing Spicy Onions) [8.5/10]

Makes approx a good breakfast bowl full.

Ingredients

80g onions, chopped/ half mixed with red onion (note put chopped onions in water for around 30 mins before adding all ingredients to remove bitterness)
salt to taste
1 small tsp chilli powder
4 tbs tomato ketchup mixed with tomato puree + water
1 tbs mango chutney
2 tsp ready-made mint sauce
4 tsp ready-made mango chutney

Method

Put the chopped onions in a large bowl, add the salt, chilli powder, tomato ketchup and mint sauce and mix well. Add the mango chutney and mix again thoroughly.

Put the bowl in the fridge for around 30 minutes to allow the flavours to develop.

10.6 Tomato, Onion and Cucumber Chutney (CRO, CA's Onion Salad) [8.5/10]

Makes approx a good breakfast bowl full.

Ingredients:

1 medium ripe tomato (finely chopped)

1 medium onion (finely chopped) (note put chopped onions in water for around 30 mins before adding all ingredients to remove bitterness)

Approximately 2 inch long piece of cucumber (finely chopped)

1 - 2 tbsp fresh coriander leaves (finely chopped)

1 - 2 tbsp fresh lime or lemon juice (or bottled will do)

1/4 tsp chilli

1/4 tsp paprika powder

1/8 tsp garam masala

pinch of salt (or to taste)

Method:

Chop the onions, tomatoes, cucumber and coriander, as finely or as coarsely as you wish.

Mix all the ingredients in a non-metallic bowl.

Cover and leave in a fridge for an hour or so (or overnight) to allow the onions to absorb the lime or lemon juice and soften slightly.

11. Milder Curries

11.1 Chicken Korma (CRO, George/Ghana Korma) [9/10]

Very tasty, creamy, mild curry.

Ingredients :

For 1

2 tbs oil, 1 tsp ghee
Approx 5 chefs spoon of base
2 tbs condensed milk (carnation)
50g creamed coconut
20g powdered almond
1 tsp mild madras
Salt to taste
½ tsp sugar
2 heaped tsp crème fresh
(OR 2 tsp fresh cream)
1 tbs fresh coriander
Pre-cooked chicken/veg

For 2

4 tbs oil, 2 tsp ghee
Approx 10 chefs spoon of base
4 tbs condensed milk (carnation)
100g creamed coconut
40g powdered almond
2 tsp mild madras
Salt to taste
1 tsp sugar
4 heaped tsp crème fresh
(OR 4 tsp fresh cream)
2 tbs fresh coriander
Pre-cooked chicken/veg

Method :

Heat the oil and ghee in pan until hot.

Add the curry gravy.

Add creamed coconut.

Add almond powder.

Add condensed milk.

Add pre-cooked chicken.

Add mild madras.

Add a pinch of salt – careful not too much as this can spoil the sweet taste.

Cook for around 3 minutes.

Add sugar, crème fresh and coriander.

Continue to cook on high heat for around 3 minutes.

Check for salt/sugar content.

11.2 Chicken Mogul (Julian Voigt's Youtube video) [8.5/10]

Similar to korma, but with more spice and Indian taste. Slightly sweet. Very nice! 8 ½/10

Ingredients :

For 1

1 chefspoon oil, 1 tsp ghee
1 chefspoon of diced onion and green pepper
1 tsp garlic ginger paste
1 tbs tomato dilute
1 tsp methi
½ tsp salt
2 tsp mixed spice
Base gravy as required
2 heaped tsp of pataks balti/tikka paste
1 portion pre-cooked chicken or veg
1 tbs condensed milk (carnation)
3 tbs of fresh coriander
1 tbs fresh chopped tomato

For 2

1 ½ chefsp oil, 2 tsp ghee
2 chefs onion/pepper
2 tsp garlic ginger paste
2 tbs tomato dilute
2 tsp methi
1 tsp salt
4 tsp mixed spice
Base gravy as required
4 heaped tsp balti/tikka paste
1 portion pre-cooked chicken or veg
1 tbs condensed milk (carnation)
6 tbs of fresh coriander
2 tbs chopped tomato

Method :

Heat up oil and ghee till hot.
Add onion/peppers and fry for 30 secs.
Add garlic/ginger and fry for 30 secs.
Add mixed spice, salt, methi and fry for 30 secs.
Add tomato dilute and fry for 30 secs.
Add pre-cooked chicken/veg, fry for 30 secs.
Add 1-2 chefspoon of base gravy and fry for 30 secs.
Add balti paste, and cook for 30 secs.
Add coriander and tomato and cook for 30 secs.
Add condensed milk.
Add more base gravy as required.
Simmer for around 5 mins, until chicken/veg has heated up.
Add salt to taste, if required – could add touch of lemon to taste.

11.3 Chicken (Tika) Masala [8.5/10]

Creamy curry, with a tomato/tandoori taste. True tika has marinated chicken!

Ingredients :

For 1

2 tbs oil, 1 tsp curry oil, 1 tsp ghee
1/4 finely chopped onion
1 tsp garlic/ginger paste
2 hpd tsp of tandoori masala
1/2 tsp methi leaves
1/4 tsp of salt (or to taste)
3 tbs tomato dilute
40g of creamed coconut
2 hpd tbs of ground almond
2 tbs of condensed milk
2 tbs of fresh coriander
1 hpd tsp of butter
Base gravy as required
50ml of fresh single cream

For 2

4 tbs oil, 2 tsp curry oil, 2 tsp ghee
1/2 finely chopped onion
2 tsp garlic/ginger paste
4 hpd tsp of tandoori masala
1 tsp methi leaves
1/2 tsp of salt (or to taste)
6 tbs tomato dilute
80g of creamed coconut
4 hpd tbs of ground almond
4 tbs of condensed milk
4 tbs of fresh coriander
2 hpd tsp of butter
Base gravy as required
100ml of fresh single cream

Method :

Add oil/ghee and heat for 1 min.

Add onion and cook until soft.

Add garlic/ginger paste and cook for 30 secs.

Add the tandoori masala, chilli and salt, and fry for about 30 seconds.

Add tomato dilute and fry for 60 secs.

Add 1 ladle of curry base and cook for 1 min.

Add creamed coconut and almond, cook until coconut dissolves.

Add more base.

Add pre-cooked chicken, and continue to cook for around 4 mins.

Add butter and allow to melt.

Add coriander.

Add cream and stir.

Continue to simmer until the desired consistency is achieved.

Check for correct salt, condensed milk, sugar (if required).

Garnish with coriander.

12. Medium Curries

12.1 Chicken and Mushroom Tamarind (Cook4One , based on Balti Tamarind Chicken) [8.5/10]

Nice balti style chicken, medium heat, with tamarind. Nice with sweet potato for veg meal.

Ingredients :

For 1

1 tbs oil/1 tsp ghee/1 tsp chilli oil
¼ tsp cumin seeds
½ onion roughly chopped
¼ green pepper medium chopped
3 garlic cloves, roughly chopped
1 green chilli chopped
1 tsp garlic/ginger paste
¼ tsp chilli
½ tsp coriander
¼ tsp cumin
½ tsp mix spice
½ tsp garam masala
½ tsp balti spice mix
¼ tsp onion seeds
¼ tsp methi powder
¼ tsp salt
1 tbs tomato paste dilute
1 tbs tamarind sauce
½ tsp sugar
2 tbs chopped coriander
20g creamed coconut
½ tsp crushed methi leaves
3 mushrooms sliced
½ tomato diced
250ml base gravy
1 portion pre-cooked chicken

For 2

2 tbs oil/2 tsp ghee/2 tsp chilli oil
½ tsp cumin seeds
1 onion roughly chopped
½ green pepper medium chopped
6 garlic cloves, roughly chopped
2 green chilli chopped
2 tsp garlic/ginger paste
½ tsp chilli
1 tsp coriander
½ tsp cumin
1 tsp mix spice
1 tsp garam masala
1 tsp balti spice mix
½ tsp onion seeds
½ tsp methi powder
½ tsp salt
2 tbs tomato paste dilute
2 tbs tamarind sauce
1 tsp sugar
4 tbs chopped coriander
40g creamed coconut
1 tsp crushed methi leaves
6 mushrooms sliced
1 tomato diced - USE DOUBLE TOMATO IF VEG
500ml base gravy
2 portions pre-cooked chicken

Method :

Heat oil, and add cumin seeds, onion, pepper, green chilli, chopped garlic and fry for about 1 min.
Add garlic/ginger paste, fry for 30 seconds then add tomato dilute and fry for 30 secs.
Add all ground spices and fry for 30 secs.
Add 1/2 base and mix, then add chicken (or veg – use sweet potato).
Add tamarind, sugar, chopped coriander and cook for 30 secs.
Add rest of base, add creamed coconut.
Add mushroom and tomato and cook for approx 5 mins until hot. Garnish with fresh coriander.

12.2 Butter Chicken (Cook4One, based on Butter Chicken) [9/10]

Rich, buttery curry with slightly sweet taste, not very spicy.

Ingredients :

For 1

1 tbs oil, 1 tsp curry oil, 1 tsp ghee
Approx 300ml base gravy
½ onion, finely chopped
2 tsp garlic/ginger paste
½ green chilli, chopped
2 tbs tomato dilute
1 tsp mixed spice
1 tsp tandoori masala
½ tsp methi leaves
½ tsp garam masala
1/6 tsp chilli
½ tsp salt
2 tbs ground almonds
2 tbs fresh coriander
30 g butter
40ml single cream
2 tsp condensed milk
1 tbs lemon juice
Base gravy as required
1 portion pre-cooked chicken

For 2

2 tbs oil, 2 tsp curry oil, 2 tsp ghee
Approx 600ml base gravy
1 onion, finely chopped
4 tsp garlic/ginger paste
1 green chilli, chopped
4 tbs tomato dilute
2 tsp mixed x spice
2 tsp tandoori masala
1 tsp methi leaves
1 tsp garam masala
1/3 tsp chilli
1 tsp salt
4 tbs ground almonds
4 tbs fresh coriander
60 g butter
80ml single cream
4 tsp condensed milk
2 tbs lemon juice
Base gravy as required
2 portions pre-cooked chicken

Method :

Add oil/ghee and heat for approx 1 min till hot.

Add the onions and cook until very light brown.

Add green chilli and fry for 30 secs.

Add garlic/ginger and fry for around 30 secs.

Remove from heat and add mix powder, tand/garam masala, methi, chilli powder, salt and stir.

Return to heat, fry for further 30 secs.

Add tomato dilute and fry for 30 secs.

Add 1 ladle of base, pre-cooked chicken and cook for 1 min.

Add almonds and 2 ladles of base, fresh coriander and cook for 4 mins.

Lower heat, add butter and stir until melted.

Add cream, condensed milk and lemon juice and cook for 1 min.

Check for lemon juice and salt content.

Garnish with coriander.

12.3 Chicken Rogon Josh (CRO, Petes Veg Rogan Josh) [8/10]

Medium curry with tomatoes, with garlic tarka added.

Ingredients 1:-

For 1

2 tbs oil/1 tsp curry oil/1 tsp ghee
¼ onion finely chopped
3 tsp garlic/ginger paste
1 tbs tomato paste dilute
3 tsp spice mix
¼ tsp chilli
½ tsp coriander
1 tsp methi leaves, crushed
¼ tsp salt
1 fresh large tomato, chopped
3 tbs fresh coriander
Base gravy as required
1 portion pre-cooked chicken

For 2

4 tbs oil/2 tsp curry oil/2 tsp ghee
½ onion, finely chopped
6 tsp garlic/ginger paste
2 tbs tomato paste dilute
5 tsp spice mix
½ tsp chilli
1 tsp coriander
2 tsp methi leaves, crushed
½ tsp salt
2 fresh large tomato, chopped
3 tbs fresh coriander
Base gravy as required
2 portions pre-cooked chicken

Method 1 :

Heat the oil/ghee for a minute on high.

Add the onions and fry for around 30 secs.

Add garlic/ginger and fry for 30 secs.

Add spice mix, chilli, salt, coriander, methi and fry for about 30 seconds.

Add the tomato paste and fry for about 30 secs.

Add half of the fresh tomato, shake the pan vigorously while stirring, fry for 1 min.

Add 1 ladle of curry gravy and stir a couple of minutes.

Add fresh coriander.

Stir for a minute then add rest of curry gravy.

While this is heating, start the second part of the recipe.

Ingredients 2 :

For 1

1 chefsp oil/1 tsp curry oil/1 tsp ghee
5 garlic cloves, chopped
2 dsp fresh coriander

For 2

2 chefs spoon oil/2 tsp curry oil/1 tsp ghee
10 garlic cloves, chopped
4 dsp fresh coriander

Method 2 :

Heat the ghee/oil for a minute then add the garlic.

Cook for about two minutes until it goes a light brown (not black).

Add garlic/oil/coriander tarka into main pan and stir.

Add other half of fresh tomato, precooked chicken and stir, cook for about 5 mins.

Add extra salt/chilli to taste if needed.

Garnish with fresh coriander.

12.4 Chicken Ceylon (CRO, Cory Anders Chicken Ceylon) [8.5/10]

Nice, spicy coconut curry with lemon

Ingredients:

For 1

0.25 finely chopped onion
2 tbs oil, 1 tsp spiced oil, 1 tsp ghee
1.5 tsp fresh garlic/ginger puree
1 fresh chilli
1 tsp spice mix
1 tsp mild madras
0.5 tsp chilli powder
0.5 tsp tandoori masala
0.5 tsp methi leaves
0.5 tsp salt (or to taste)
4 tbs tomato paste dilute
300ml base
300g pre-cooked chicken
2 tbs fresh chopped coriander
1 tsp sugar (or to taste)
2 tsp lemon juice (or to taste)
3 tbs creamed coconut

For 2

0.5 finely chopped onion
4 tbs oil, 2 tsp spiced oil, 2 tsp ghee
3 tsp fresh garlic/ginger puree
2 fresh chilli
2 tsp spice mix
2 tsp mild madras
1 tsp chilli powder
1 tsp tandoori masala
1 tsp methi leaves
1 tsp salt (or to taste)
8 tbs tomato paste dilute
600ml base
300g pre-cooked chicken
4 tbs fresh chopped coriander
2 tsp sugar (or to taste)
4 tsp lemon juice (or to taste)
6 tbs creamed coconut

Method:

Heat oil until hot.

Fry onion for about 30 secs.

Add garlic and ginger and fresh chilli and fry for a minute or so.

Remove from heat and add chilli powder, spice mix, madras, tandoori masala, methi, salt.

Stir and return to heat and fry spices for 30 secs.

Add tomato puree, stirring continuously and fry for 1 min with continuous stirring.

Add a ladle of curry base and stir.

Add chicken.

Add coriander.

Continue to add the curry base, a ladle at a time, stirring occasionally as the water evaporates and the sauce thickens

Add creamed coconut and stir until melted.

Add sugar and lemon juice to taste and stir.

Continue to simmer, on medium heat, stirring occasionally, for about 5 mins.

Add fresh coriander to garnish.

12.5 Chicken Bhuna (CRO, 976Bar's Chicken Bhuna) [8/10]

Ingredients :

For 1

1 1/2 tbs oil, 1 tsp ghee, 2 tsp curry oil
1 small onion, finely chopped
1 star anise
Half a green pepper chopped
2 green chillies, chopped
3 cloves fresh garlic, finely chopped
2 tsp garlic/ginger paste
1 tsp madras curry powder
1 tsp spice mix
1/2 tsp salt
1 tsp methi leaves
1 tbs tomato puree dilute (1:3)
1 portion pre-cooked chicken
1 tomato, chopped
4 tbs fresh coriander
Base gravy as required

For 2

3 tbs oil, 2 tsp ghee, 4 tsp curry oil
1 onion, finely chopped
2 star anise
1 green pepper chopped
4 green chillies, chopped
6 cloves fresh garlic, finely chopped
4 tsp garlic/ginger paste
2 tsp madras curry powder
1 tsp spice mix
1 tsp salt
2 tsp methi leaves
2 tbs tomato puree dilute (1:3)
2 portions pre-cooked chicken
2 tomato, chopped
8 tbs fresh coriander
Base gravy as required

Method :

Heat the oil and ghee, add the onions with the star anise, gently fry until soft.

Add the green pepper, chilli and fresh garlic and fry for 1 min.

Remove the star anise.

Add the garlic and cook for about 1 minutes.

Add garlic/ginger paste and fry for 30 secs.

Add all the spices and salt and fry for 30 secs.

Add the tomato puree and cook for a further minute.

Add a ladle of base sauce and reduce.

Add the chicken, tomato, fresh coriander, and continue to add base sauce ladle at a time and reducing, should be a quite dry dish.

Cook for 4-5 mins until the chicken is cooked.

Check for salt.

Garnish with freshly chopped coriander.

12.6 Chicken Jaflong (Julian Voigt's Youtube video) [8/10]

Ingredients :

For 1

1 tbs oil, 1 tsp curry oil, 1 tsp ghee
½ onion, ¼ green pepper coarse chopped
2 tsp garlic/ginger paste
2 tbs tomato dilute
3 tsp mixed spice
1 tsp tandoori masala
½ tsp garam masala
1 tsp methi
½ tsp salt
1 tomato, quatered
2 tbs fresh coriander
¾ tsp naga pickle
Check for naga/salt and adjust if necessary
Coriander garnish

For 2

2 tbs oil, 1 tsp curry oil, 1 tsp ghee
1 onion, ½ green pepper coarse chopped
4 tsp garlic/ginger paste
4 tbs tomato dilute
5 tsp mixed spice
2 tsp tandoori masala
1 tsp garam masala
2 tsp methi
1 tsp salt
2 tomatoes, chopped
4 tbs fresh coriander
1 ½ tsp naga pickle

Method :

Add oil/ghee and heat for approx 1 min till hot.

Add onion and pepper and fry for 60 secs.

Add garlic/ginger and fry for around 30 secs.

Remove from heat and add mix powder, tand/garam masala, methi, salt and stir, return to heat, fry for further 20 secs.

Add naga pickle and tomato dilute and fry for 30 secs.

Add tomato and cook for 30 secs.

Add 1 ladle of base, pre-cooked chicken and cook for 1 min.

Add 2 ladles of base, fresh coriander and cook for 4 mins.

Garnish with coriander.

12.7 North Indian Special (CRO, Curryhells's Elaichi North Indian Special) [8/10]

Garlicy curry with fresh chillies.

Ingredients :

For 1

¾ chef spoons of oil, 1tsp chilli oil, 1 tsp ghee
½ onion, ¼ red pepper
1 ½ tsp fresh pureed garlic and ginger
3 large cloves of garlic sliced fairly thickly
2 fresh chillies, de-seeded (or to taste)
2 tbsp tomato paste dilute
1 heaped tsp spice mix
½ tsp chilli
1 tsp tandoori masala
½ tsp salt
300ml base gravy
1 tbs tamarind sauce
1 rounded tbsp red masala sauce
1 tsp pataks masala paste
(for above 2 – 2 tsp pataks masala paste + 1 tsp yog)
portion of pre-cooked chicken
fresh chopped coriander (to taste)

For 2

1½ oil, 2 chilli oil, 1½ ghee
1 onion, ½ red pepper
3 tsp garlic/ginger
6 garlic cloves
4 chillies, de-seeded
4 tbsp tomato paste dilute
1 ½ heaped tsp spice mix
1 tsp chilli
1 ½ tsp tandoori masala
¾ tsp salt
500ml base gravy
2 tbs tamarind sauce
2 tbs red masala sauce
2 x
2 x portions
Handful coriander

Method :

Heat oil in your curry pan on high heat.

Add onions and continue to fry till for 30 secs or so.

Add peppers and continue to cook for 30 secs.

Add pureed garlic/ginger and fry for 20 seconds (not too hot!).

Add garlic, fresh chillis and fry until the garlic slices take on a little bit of colour, 30 secs?

Add diluted tomato paste and fry for 30 seconds to cook out moisture and to sweeten.

Add spice mix, chilli powder, salt and tandoori masala and fry for 30 seconds mixing well.

Add 2 chef spoons of the heated curry base, stir, and fry for 30 to 45 secs.

Add tamarind sauce and masala paste (pataks + yog/carnation) together and stir in.

Add- pre-cooked chicken tikka and give it all a good stir.

Continue to cook reducing the sauce until it is fairly thick about 3-4 mins.

Reduce heat and add the remaining curry gravy and salt followed immediately by the coriander and fresh chillis.

Continue to cook until the desired consistency is reached. Oil may just be visible when this is ready. The sauce should be on the thicker side of medium thick NOT in anyway runny, more like a thickish balti sauce.

Leave to rest for 5 mins in warm oven before serving.

Garnish with a sprinkle of fresh coriander.

12.8 Chicken Chasni (Mick Crawford's BIR Cooking 2) [8.5/10]

Rich Tomato and cream curry. Mild to medium.

Ingredients :

For 1

2 chef spoons of oil, 1tsp curry oil, 1 tsp ghee
½ onion finely chopped
1 tsp garlic/ginger paste
1 tsp methi
2 heaped tsp spice mix
½ tsp chilli
½ tsp salt
3 large cloves of garlic sliced fairly thickly
2 fresh chillies, de-seeded (or to taste)
2 tbsp tomato paste dilute/tomato ketchup
1 tsp sugar
1 tbs mango chutney
1 tbs lemon juice
1 tsp mint sauce
75ml single cream
2 tbs fresh coriander
250ml base gravy
1 portion of pre-cooked chicken

For 2

4 oil, 2 curry oil, 2 ghee
1 onion finely chopped
2 tsp garlic/ginger
2 tsp methi
3 heaped tsp spice mix
1 tsp chilli
¾ tsp salt
6 garlic cloves
4 chillies, de-seeded
4 tbsp tomato paste dilute/ketchup
2 tsp sugar
2 tbs mango chutney
2 tbs lemon juice
2 tsp mint sauce
150ml single cream
4 tbs fresh coriander
500ml base gravy
2 x portions

Method :

Heat oil in your curry pan on high heat.

Add onions and fry for 30 secs.

Add pureed garlic/ginger and fry for 30 seconds.

Add methi, chilli, spice mix, salt and fry for 30 seconds.

Add diluted tomato paste/ketchup and fry for 30 seconds.

Add methi, spice mix, chilli powder, salt and fry for 30 seconds mixing well.

Add half the base gravy, stir, and add chicken.

Add mango chutney, lemon juice and mint sauce and stir.

Add coriander, and cook for a couple of minutes to reduce gravy.

Add remaining gravy and cream.

Continue to cook reducing the sauce until it is fairly thick about 3-4 mins.

Garnish with a sprinkle of fresh coriander.

12.9 Chicken Nawabi (Cook4One recipe) [8.5/10]

Nice tasty, medium spiced curry with cumin and fennel seeds with masala sauce.

Ingredients :

For 1

2 tbsp veg oil
½ onion, sliced
¼ green pepper, sliced
1 tsp cumin seeds, ground
1 tsp fennel seeds, ground
3 tsp spice mix
½ tsp chilli powder
½ tsp tandoori masala
1 tsp methi
½ tsp ground cinnamon
¼ tsp salt
1 tbsp tomato paste dilute
3 tbs masala sauce
Portion of chicken
250ml base gravy
½ tsp sugar
2 tbs coriander
1 tbs lemon juice

For 2

4 tbsp veg oil
1 onion, sliced
½ green pepper, sliced
2 tsp cumin seeds, ground
2 tsp fennel seeds, ground
6 tsp spice mix
1 tsp chilli powder
1 tsp tandoori masala
2 tsp methi
1 tsp ground cinnamon
½ tsp salt
2 tbsp tomato paste dilute
6 tbs masala sauce
2 portion of chicken
500ml base gravy
1 tsp sugar
4 tbs coriander
2 tbs lemon juice

Masala sauce –

1 tsp oil, ½ tsp mix powder, 2 tbs yogurt, 1 tsp lemon juice, ¼ tsp tomato puree, ¼ tsp pataks tandoori paste, ¼ tsp pataks tikka paste, ½ tsp garlic/ginger paste, pinch of garam masala

Method :

Add oil to pan and heat.

Add onion and pepper, cook until softened, around 2 mins.

Add spice mix, chilli, tandoori masala, fennel, cumin, methi, cinnamon, salt and fry for 1 min (add a little sauce if it dries out).

Add tomato paste dilute and cook for around 1 min (add a little sauce if dries out).

Add chicken and mix.

Add half the base gravy and mix in, cook for around 2 mins.

Add rest of base and continue to cook and reduce.

Add masala sauce, cook for 1 min.

Add suagr, coriander and lemon juice.

Cook for further minute.

12.10 Chicken Dhansak (CRO, Geezahs “London Style Dhansak”) [8.5/10]

Very nice, quite hot, sweet and sour curry with lentils. Add some pineapple chunks if you want to!

Ingredients :

For 1

2 tbs veg oil
½ onion, finely chopped
1 heaped tsp garlic/ginger paste
1 tsp mild madras
½ tsp garam masala
¾ tsp chilli
1/3 tsp amchor
½ tsp methi
¼ tsp salt
1 tbs tomato puree dilute
2 large chefspoons of pre-cooked lentils (see recipe)
1 heaped tsp sugar
1 tsp mango chutney
1 tbs lemon juice
250ml base gravy
Portion of chicken or veg
½ tomato, sliced
2 tbs coriander

For 2

4 tbs veg oil
1 onion, finely chopped
2 heaped tsp garlic/ginger paste
2 tsp mild madras
1 tsp garam masala
1 ½ tsp chilli
2/3 tsp amchor
1 tsp methi
½ tsp salt
2 tbs tomato puree dilute
4 large chefspoons of pre-cooked lentils
2 heaped tsp sugar
2 tsp mango chutney
2 tbs lemon juice
500ml base gravy
2 portion of chicken or veg
1 tomato, sliced
4 tbs coriander

Method :

Add oil to pan and heat.

Add onion and fry for 1 min, until softened.

Add garlic and ginger paste and cook for about 1 min.

Add madras, garam masala, chilli, amchor, methi, salt, mix well and cook for 1 min.

Add tomato puree dilute and fry for about 1 min.

Add base gravy and mix in.

Add lentils, sugar, chutney, lemon juice.

Add chicken (or veg).

Cook for around 3 minutes - 1 suggestion – add 1 tsp soy sauce/Worcester sauce!

Add sliced tomato and cook for a further 3 minutes until chicken is cooked.

Add fresh coriander.

Cook for further minute.

12.11 Chicken Balti (Based on “100 Best Indian Recipes” King Prawn Jalfrezi Balti) [8/10]

Nice balti style dish, medium.

Ingredients :

For 1

2 tbsp veg oil
¼ finely onion chopped
1 tsp garlic/ginger paste
¼ tsp cumin seeds
¼ tsp onion seeds
¼ tsp fennel seeds
¼ tsp salt
½ tsp cumin
½ tsp ground coriander
¼ tsp methi
1 tbsp tomato paste dilute
½ chopped tomato
1 chopped green chilli
250ml base gravy
Portion of chicken or veg
½ onion sliced
¼ red pepper, sliced
¼ green pepper, sliced
2 heaped tsp Pataks Balti Paste
2 tbs coriander

For 2

4 tbsp veg oil
½ finely onion chopped
2 tsp garlic/ginger paste
½ tsp cumin seeds
½ tsp onion seeds
½ tsp fennel seeds
½ tsp salt
1 tsp cumin
1 tsp ground coriander
1 tsp methi
2 tbsp tomato paste dilute
1 chopped tomato
2 chopped green chilli
500ml base gravy
2 portion of chicken or veg
1 onion sliced
½ red pepper, sliced
½ green pepper, sliced
4 heaped tsp Pataks Balti Paste
4 tbs coriander

Method :

Add oil to pan and heat.

Add finely chopped onion and cook until softened (approx 1-2 mins).

Add garlic and ginger paste and cook for about thirty seconds.

Add cumin/onion/fennel seeds, salt, cumin, ground cumin, ground coriander, methi, tomato dilute and cook for 30 secs.

Add fresh tomato and mix in.

Add green chilli.

Add base gravy and mix in.

Add chicken (or veg), cook for 2 mins.

Add sliced onion and peppers.

Add 2 heaped tsp of Pataks balti paste.

Cook for around 3-4 minutes until chicken is cooked.

Add fresh coriander.

Cook for further minute.

13. Hotter Curries

13.1 Chicken Jalfrezi (CRO, CA's Chicken Jalfrezi) [8.5/10]

Medium to hot curry with fresh chillies, onions and peppers.

Ingredients:

For 1

2 tbs oil/1 tsp chilli oil/1 tsp ghee
1/2 medium onion, coarsely chopped
1/4 green pepper, coarsely chopped
3 green chillies, chopped in half
1 heaped tsp garlic/ginger paste
2 tbsp tomato paste dilute
1/2 heaped tsp spice mix
1/2 heaped tsp curry powder
1/4 tsp chilli powder
1/4 tsp salt (or to taste)
1/2 tomato, quartered
1/2 tsp sugar (or to taste)
3 tbs fresh chopped coriander
Base gravy as required
1 portion pre-cooked chicken

For 2

3 tbs oil/1 ½ tsp chilli oil/2 tsp ghee
1 medium onion, coarsely chopped
1/2 green pepper, coarsely chopped
6 green chillies, chopped in half
2 heaped tsp garlic/ginger paste
4 tbsp tomato paste dilute
1 heaped tsp spice mix
1 heaped tsp curry powder
1/2 tsp chilli powder
1/2 tsp salt (or to taste)
1 tomato, quartered
1 tsp sugar (or to taste)
6 tbs fresh chopped coriander
Base gravy as required
2 portions pre-cooked chicken

Method:

Heat oil/ghee for about 1 min until hot.

Add onions, green pepper, chillies and stir fry for around 30 secs.

Add garlic and ginger and fry for 30 secs with continuous stirring.

Remove from heat and add chilli powder, salt, spice mix and curry powder.

Stir, return to heat and cook for about 30 seconds.

Add tomato puree dilute, and fry for 30 secs, stirring.

Add a ladle of curry base and stir.

Add pre-cooked veg/chicken, tomato and fresh coriander.

Add more gravy and continue to cook.

Add sugar to taste and stir.

Continue to cook, on medium heat, stirring occasionally, for about 5 minutes.

Garnish with fresh coriander.

13.2 Chilli and Garlic Chicken (CRO?) [8.5/10]

Medium to hot curry with plenty of garlic.

Ingredients:

For 1

2 tbsp oil/ 1 tsp chilli oil, 1 tsp ghee
½ chopped onion + ¼ chopped green pepper
350 ml base gravy
1 tbsp tomato paste mixed with 2 tbsp water
¾ tsp chilli
1 ½ tsp curry masala (Spice mix)
1 tsp curry powder
3 whole green chillies sliced lengthways
3 tsp garlic/ginger puree
4 cloves of garlic, finely sliced
1 tsp methi leaves
½ tsp salt
Bunch of chopped fresh coriander

For 2

4 tbsp oil, 2 tsp chilli oil, 2 tsp ghee
1 chopped onion + ½ chopped grn pepr
700ml
2 tbsp tom paste, 4 tbsp water
1 ¼ tsp chilli
3 tsp spice mix
1 ½ tsp curry (mild madras)
6 green chillies (sliced, no seeds)
5 garlic/ginger paste
8 finely chopped garlic cloves
2 tsp methi leaves
¾ tsp salt
Fresh coriander

Method :

Add oil/ghee to pan on a medium heat.

Add 1 onion, coarsely chopped and fry for around 30 secs.

Add garlic cloves finely chopped and green chillies and gently for 1 min.

Add the ginger and garlic puree paste, cook for around 1 min.

Remove from heat, add the mixed spice, curry powder, chilli powder, salt and methi leaves and return to heat and mix, then fry for 30 seconds.

Add tomato dilute and fry for 30 secs.

Add 1 ladle of base gravy, heat on a high heat until water has evaporated.

Add the chicken.

Add the remainder of the base and cook through to a nice thickish consistency.

Turn down the heat to a simmer for around 4-5 mins.

Add coriander to garnish.

For extra veggy – add 2 tomatoes with base and cook.

13.3 Murghi Chilli Bahar (My take on the local “Al Hallal” dish) [9/10]

Hot curry with garlic and naga pickle - sauce should be quite thick when finished.

Ingredients:

For 1

1 ½ tbsp oil, 2 tsp chilli oil, 1 tsp ghee
½ coarsely chopped onion
¼ coarsely green pepper
3 whole green chillies cut in half
4 cloves of garlic, finely sliced
2 tsp garlic/ginger puree
1 tsp spice mix
1 tsp mild curry powder
½ tsp chilli
1 tsp methi leaves
½ tsp salt
3 tbsp tomato paste dilute
¾ tsp naga pickle
3 tbs chopped fresh coriander
1 tsp sugar
Base gravy as required
1 portion pre-cooked chicken

For 2

3 tbsp oil, 2 tsp chilli oil, 2 tsp ghee
1 coarsely chopped onion
½ coarsely green pepper
6 whole green chillies cut in half
8 cloves of garlic, finely sliced
4 tsp garlic/ginger puree
2 tsp spice mix
2 tsp mild curry powder
1 tsp chilli
2 tsp methi leaves
1 tsp salt
6 tbs tomato paste dilute
1 ½ tsp naga pickle
6 tbs chopped fresh coriander
2 tsp sugar
Base gravy as required
2 portions pre-cooked chicken

Method:

Add oil/ghee to pan and heat.

Add onion + pepper, and fry for about 30 secs.

Add sliced garlic and green chillies, and fry for about 30 secs.

Add the ginger and garlic paste, fry for about 30 secs.

Remove from heat, add mixed spice, curry powder, chilli powder, salt and methi leaves, return to heat and fry for 30 seconds.

Add tomato dilute and fry for 30 secs.

Add 1 ladle of base gravy, heat on a high heat for 1 min or so.

Add pre-cooked chicken.

Add rest of base gravy.

Add naga pickle.

Add fresh coriander.

Add sugar.

Turn down the heat to a simmer for around 5 mins, until sauce is quite thick.

Test for salt and naga pickle – adjust if required.

Add coriander to garnish.

13.4 Chicken Bengali Mirchi (Based on Mick Crawford's BIR Cooking 2) [8.5/10]

Nice spicy curry, similar to Chilli Bahar, but more tomato.

Ingredients:

For 1

1 tbs oil, 1 tsp chilli oil, 1 tsp ghee
1/2 onion cut into quarters
1/4 green pepper cut into 6 pieces
2 chopped chillis
1 tsp garlic/ginger puree
2 tsp mixed spice
2 tsp methi
1/4 chilli
1/2 tps deggi mirch
1/4 tsp salt
4 tbs tomato dilute
2 tbs tamarind sauce
½ to 1 tsp naga pickle (to taste)
1/2 tomato, chopped
2 tbs coriander
1 tbs condensed carnation
Base gravy as required
1 portion pre-cooked chicken

For 2

2 tbs oil, 2 tsp chilli oil, 2 tsp ghee
1 onion cut into quarters
1/2 green pepper cut into 12 pieces
4 chopped chillis
2 tsp garlic/ginger puree
4 tsp mixed spice
4 tsp methi
1/2 tsp chilli
1 tps deggi mirch
1/2 tsp salt
8 tbs tomato dilute
4 tbs tamarind sauce
1 to 1 1/2 tsp naga pickle
1 tomato, chopped
4 tbs coriander
2 tbs condensed carnation
Base gravy as required
2 portions pre-cooked chicken

Method:

Heat oil/ghee and add chopped onion, pepper, chillis and fry for 30 secs.

Add garlic/ginger puree and fry for 30 secs.

Add mixed spice, methi, chilli, deggi mirch, salt and fry for around 30 secs.

Add tomato dilute and tamarind sauce and fry for 60 secs.

Add approx half the base, cook for 1 min.

Add pre-cooked chicken and rest of base.

Add naga pickle.

Add tomato, coriander, carnation and cook for around 4-5 mins, checking on thickness of sauce.

Garnish with coriander.

13.5 Chicken Madras (CRO, based on 976Bars madras) [9/10]

Spicy, medium hot, peppery curry, with hint of lemon. Very tasty.

Ingredients :

For 1

1 1/2 tbs oil, 1 tsp ghee, 2 tsp chilli oil
Half an onion finely chopped
1 chilli, chopped
3 cloves fresh garlic, finely chopped
3 tsp garlic/ginger paste
1 heaped tsp madras curry powder
1 heaped tsp spice mix
1 tsp deggi mirch powder
1/2 tsp salt
1 tsp black pepper
1 tbs tomato puree dilute
1 tbs fresh lemon juice
1 tsp sugar
Base gravy as required
Pre-cooked Chicken
3 tbs fresh coriander

For 2

1 1/2 tbs oil, 2 tsp ghee, 4 tsp chilli oil
1 onion finely chopped
2 chillis, chopped
6 cloves fresh garlic, finely chopped
6 tsp garlic/ginger paste
2 heaped tsp madras curry powder
2 heaped tsp spice mix
2 tsp deggi mirch powder
1 tsp salt
2 tsp black pepper
2 tbs tomato puree dilute
2 tbs fresh lemon juice
2 tsp sugar
Base gravy as required
Pre-cooked Chicken
6 tbs fresh coriander

Method :

Heat the oil and ghee, add the onions, gently fry until soft and golden.

Add the garlic and cook for about 1 minutes.

Add garlic/ginger paste and fry for 30 secs.

Add all the spices and salt/pepper and fry for 30 secs.

Add the tomato puree and cook for a further minute.

Add a ladle of base sauce and reduce.

Add the chicken, fresh coriander, and continue to add base sauce ladle at a time and reducing

Add lemon juice and sugar and cook for 3-4 mins until the chicken is cooked.

Check for salt/sugar/lemon.

Garnish with freshly chopped coriander and a lemon wedge if desired.

13.6 North Indian Special (CRO, Curryhells Elaichi North Indian Special) [8/10]

Ingredients :

For 1

2 tbs oil, 1tsp chilli oil, 1 tsp ghee
½ onion, chopped
¼ red pepper, chopped
1 ½ tsp garlic/ginger puree
3 garlic cloves, sliced
2 fresh chillies, chopped
2 tbsp tomato paste dilute
1 heaped tsp spice mix
½ tsp chilli
1 tsp tandoori masala
½ tsp salt
1 tbs tamarind sauce
1 tsp Pataks masala sauce
1 tsp yogurt/cream
Base gravy as required
Pre-cooked Chicken
3 tbs fresh coriander

For 2

3 tbs oil, 2 tsp chilli oil, 2 tsp ghee
1 onion, chopped
½ red pepper chopped
3 tsp garlic/ginger puree
6 garlic cloves, sliced
4 chillies, chopped
4 tbsp tomato paste dilute
2 heaped tsp spice mix
1 tsp chilli
2 tsp tandoori masala
¾ tsp salt
2 tbs tamarind sauce (to taste)
2 tbs Pataks masala sauce
2 tsp yogurt/cream
Base gravy as required
Pre-cooked Chicken
6 tbs fresh coriander

Method :

Heat oil, add onions and fry till for 30 secs or so.

Add peppers, fresh chillis, fresh garlic and continue to cook for 30 secs.

Add pureed garlic/ginger and fry for 30 seconds.

Add diluted tomato paste and fry for 30 seconds.

Add spice mix, chilli powder, salt and tandoori masala and fry for 30 seconds mixing well.

Add 2 chef spoons of the heated curry base, stir, and fry for 30 to 45 secs.

Add tamarind sauce and masala paste (pataks + yog/ccream) together and stir in.

Add- pre-cooked chicken and give it all a good stir.

Continue to cook reducing the sauce until it is fairly thick about 3-4 mins.

Reduce heat and add the remaining curry gravy and coriander.

Continue to cook until the desired consistency is reached. The sauce should be on the thicker side of medium thick NOT in anyway runny, more like a thickish balti sauce.

Garnish with a sprinkle of fresh coriander.

13.7 Chicken Masala Naga (Mick Crawford's BIR Cooking 2) [8.5/10]

Ingredients :

For 1

2 tbs oil, 1tsp chilli oil, 1 tsp ghee
½ onion, chopped
1 tsp garlic/ginger puree
1 heaped tsp spice mix
½ tsp chilli
1 tsp tandoori masala
½ tsp salt
2 tbs tomato paste dilute
20g creamed coconut
¾ tsp naga pickle
1 tsp sugar
300ml base gravy
Pre-cooked Chicken
3 tbs fresh coriander

For 2

4 tbs oil, 2 tsp chilli oil, 2 tsp ghee
1 onion, chopped
2 tsp garlic/ginger puree
2 heaped tsp spice mix
1 tsp chilli
2 tsp tandoori masala
¾ tsp salt
4 tbs tomato paste dilute
40g creamed coconut
1 ½ tsp naga pickle
2 tsp sugar
600ml base gravy
Pre-cooked Chicken
6 tbs fresh coriander

Method :

Heat oil, add onions and fry till for 30 secs or so.

Add pureed garlic/ginger and fry for 30 seconds.

Add spice mix, chilli powder, tandoori masala and salt and fry for 30 seconds mixing well.

Add diluted tomato paste and fry for 30 seconds.

Add around half of the base gravy, stir, and fry for 30 to 45 secs.

Add- pre-cooked chicken and give it all a good stir.

Add creamed coconut, and stir in.

Continue to cook reducing the sauce until it is fairly thick about 3-4 mins.

Add naga pickle and sugar.

Add coriander.

Add the remaining curry gravy and coriander.

Continue to cook until the desired consistency is reached (fairly thick).

Garnish with a sprinkle of fresh coriander.

13.8 South Indian Garlic Chilli Chicken (Mick Crawford's BIR Cooking 2) [8.5/10]

Medium hot curry with lots of fresh garlic

Ingredients :

For 1

2 tbs oil, 1tsp chilli oil, 1 tsp ghee
½ onion, finely chopped
4 garlic cloves, sliced
3 chopped green chillis
1 tsp garlic/ginger puree
2 heaped tsp spice mix
1 tsp chilli
½ tsp salt
½ tsp methi
¼ tsp black pepper
½ tsp garam masala
1 tbs tomato paste dilute
1 tsp sugar
15g creamed coconut
3 tbs fresh coriander
100ml coconut milk (tinned)
½ tomato cut into wedges
300ml base gravy
1 portion pre-cooked Chicken

For 2

4 tbs oil, 2 tsp chilli oil, 2 tsp ghee
1 onion, finely chopped
8 garlic cloves, sliced
6 chopped green chillis
2 tsp garlic/ginger puree
4 heaped tsp spice mix
2 tsp chilli
¾ tsp salt
1 tsp methi
½ tsp black pepper
1 tsp garam masala
2 tbs tomato paste dilute
2 tsp sugar
30g creamed coconut
6 tbs fresh coriander
200ml coconut milk (tinned)
1 tomato cut into wedges
600ml base gravy
2 portions pre-cooked Chicken

Method :

Heat oil, add onions, garlic and chillis and fry till for 30 secs or so.

Add pureed garlic/ginger and fry for 30 seconds.

Add spice mix, chilli, salt, methi, pepper, garam masala and fry for 30 seconds mixing well.

Add diluted tomato paste, sugar and fry for 30 seconds.

Add around half of the base gravy, stir, and fry for 30 to 45 secs.

Add pre-cooked chicken and give it all a good stir.

Add creamed coconut, coconut milk and fresh coriander and stir in.

Continue to cook reducing the sauce until it is fairly thick about 3-4 mins.

Add the remaining curry gravy and cook until sauce is fairly thick.

Garnish with a sprinkle of fresh coriander.

13.9 Chicken Chilli Masala (Mick Crawford's BIR Cooking 2) [8.5/10]

Medium hot curry with coconut, chilli and masala sauce.

Ingredients :

For 1

2 tbs oil, 1tsp chilli oil, 2 tsp ghee
½ onion, finely chopped
3 chopped green chillis
1 tsp garlic/ginger puree
2 heaped tsp spice mix
1 tsp chilli
¼ tsp salt
1 tsp methi
2 tsp sugar
15g creamed coconut
3 tbs masala paste
3 tbs fresh coriander
½ tomato cut into wedges
300ml base gravy
1 portion pre-cooked Chicken

For 2

4 tbs oil, 2 tsp chilli oil, 4 tsp ghee
1 onion, finely chopped
6 chopped green chillis
2 tsp garlic/ginger puree
4 heaped tsp spice mix
2 tsp chilli
½ tsp salt
2 tsp methi
4 tsp sugar
30g creamed coconut
6 tbs masala paste
6 tbs fresh coriander
1 tomato cut into wedges
600ml base gravy
2 portions pre-cooked Chicken

Masala paste –

¼ tsp tomato puree, ¼ tsp pataks tandoori paste, ¼ tsp pataks tikka paste, pinch of mix powder, pinch of garam masala, splash of mint sauce, 3 tbs yogurt,

Method :

Heat oil, add onions and chillis and fry till for 1 min or so.

Add pureed garlic/ginger and fry for 30 seconds.

Add spice mix, chilli, salt, methi, and fry for 30 seconds mixing well.

Add around half of the base gravy, stir, and fry for 30 to 45 secs.

Add- pre-cooked chicken and give it all a good stir.

Add creamed coconut, masala paste and fresh coriander and stir in.

Continue to cook reducing the sauce until it is fairly thick about 3-4 mins.

Add the remaining curry gravy and cook until sauce is fairly thick.

Garnish with a sprinkle of fresh coriander.

13.10 Chicken Madras – (CRO, ChewyTikkas Madras) [9/10]

Lovely, spicy, tomato curry, quite hot.

Ingredients:

3 tbsp veg oil
Optional - ¼ onion, finely chopped
1 tsp garlic/ginger paste
Optional – 1 fresh chilli, chopped
1 tsp spice mix
1 tsp chilli (deggi mirch)
¼ tsp salt
3 tbs tomato puree dilute
1 tbs lemon juice
1 good dash of Worcester sauce
250ml base gravy
Portion of chicken or veg
½ tsp sugar
2 tbs coriander

Method:

Add oil to pan and heat.
Optional - add onion and fry for 1 min, until softened.
Add garlic and ginger paste (and fresh chilli if using) and cook for 30 secs.
Add spice mix, madras, chilli, mix well and cook for 30 secs.
Add tomato puree dilute and fry for about 30 secs.
Add half of the base gravy and mix in.
Add lemon juice, worcester sauce, salt.
Add chicken (or veg), and cook for 30 secs.
Add remaining base.
Continue to cook for around 5 minutes until chicken is cooked.
Add fresh sugar, coriander, check for lemon and Worcester sauce content.
Cook for further minute.

14. Other Recipes

14.1 Stir Fry Teriyaki [9/10]

Lovely sweet, spicy (if you add chillies) teriyaki sauce recipe.

This sauce can be used in stir fries, or on meat. Very nice on steamed salmon.

Ingredients (for two):

For the sauce –

2 tbs peanut oil

4 heaped tsp garlic/ginger paste

50ml soy sauce

50ml mirin sauce

6 heaped tsp brown sugar

Option – add a few chopped chillies to spice it up!

Stir Fry –

You can use various veggies for this, but make sure they are thinly cut, so that they cook quickly.

Many supermarkets do stir veg packs you can use too. Suggestions –

Carrot, broccoli, green beans, spring onions, red onion, mushrooms, baby sweetcorn, etc

2 tbs peanut or veg oil

2 heaped tsp garlic/ginger paste

1 tbs soy sauce

1 tbs mirin

Method:

Add oil to pan and heat.

Add garlic and ginger paste (and fresh chilli if using) and cook for a minute or so.

Add soy sauce, mirin and sugar.

Lower heat and simmer for 5 mins, until sauce thickens and becomes glossy.

While simmering, stir fry the vegetables.

Add oil to pan and heat.

Add garlic and ginger paste and cook for a minute or so.

Add veg and fry, stirring continuously. If it gets too sticky add a little water.

When veg has just cooked (around 5 mins), add soy sauce and mirin, and cook for 30 secs.

Add salt and pepper to taste.

Pour teriyaki sauce over veggies and heat for 30 secs.

14.2 Spicy Veg Stir Fry Noodles [8.5/10]

A chinese recipe with noodles and mix vegetables. Serves 3-4.

Ingredients :

Noodles for 3-4 people

3 to 4 medium spring onions, finely chopped, reserve a few greens for garnish

1 small to medium carrot, finely chopped

8 to 10 french beans, finely chopped

4 to 5 mushrooms, finely chopped

1 small to medium bell pepper - red, green or yellow, finely chopped

2 heaped tsp garlic/ginger paste

2 to 3 red or green chillies or green chillies, chopped

2 tbs finely chopped celery or celeriac

1 tsp rice vinegar or white vinegar or rice wine

1 tbsp soy sauce

1 tbs mirin

1 tsp 5 spice powder

1 tbs sweet chilli sauce

½ tbsp oil for coating the noodles

2 tbsp oil for stir frying

salt and pepper as required

Method :

Cook noodles according to instructions – usually a few mins. Drain and add a little oil, separate the noodle strands as best you can.

Heat oil in wok, add garlic/ginger paste and fry for 30 secs. Add all the veg, except mushrooms and fry for 1 minutes. Add mushrooms and stir fry for a approx 5-6 minutes, until cooked. If it gets at dry, add a little water.

Add soy sauce, vinegar, mirin and 5 spice powder and stir.

Add the noodles and toss it well.

Add sweet chilli sauce, salt and pepper, stir fry for a minute.

Toss the whole mixture well. Serve in bowls and garnish with the chopped spring onion greens.

15. Deserts

Lovely, rich, Indian ice cream with almond flavour. Quite filling, so don't need large portions.

15.1 Almond Kulfi [9/10]

Ingredients :

1 large tin evaporated milk (carnation)
2 oz blanched almonds
6 tbs sugar
1-2 tsp almond essence/flavouring

Method :

Blend 2 tbs of milk and the almonds in blender.

Pour into mixing bowl that can go into freezer (I use an old large ice cream tub).

Add the rest of the milk, sugar almond flavouring and mix well.

Put into freezer.

After a couple of hours, check the kulfi (should be thickening) and mix again as almonds can tend to fall to bottom.

After another hour or two, it can be useful to cut the kulfi while it is not yet fully frozen, as it can be quite difficult to cut when frozen. Cut into around 10 portions, then return to the freezer.

15.2 Chocolate Chilli Truffle Pots (CRO, based on 976bar chilli chocolate truffles) [9/10]

Lovely, rich chocolaty, small(ish) dessert, with a little chilli kick, served in ramekin pots, Quite heavy and filling, so it doesn't have to be a big portion.

Ingredients :

Base –

10 digestive biscuits

Butter (40% weight of biscuits)

Sprinkle of salt

Truffle-

200g dark chocolate (can use flavoured ones with orange/ginger/caramel bits for a little extra)

100g milk chocolate

½ tsp chilli

¼ tsp cinnamon

210ml double cream

15g butter

Cocoa powder

Fine chopped hazelnuts

Method :

Base -

Break up the digestive biscuits by putting into a bag and breaking/rolling with a rolling pin.

Put butter into a pan and slowly heat until melted, add crushed biscuit.

Add the salt, and check for taste, it should add just a little salty edge to the base.

Mix together and put base into 6 small ramekin type pots.

Truffle -

Put the cream into a small pan, add the chilli and cinnamon, whisk well and heat up (not too hot).

Break the chocolate into pieces and put into a large bowl.

Put the bowl over a pan with water in, then place on hob so that chocolate melts.

Add the heated cream mixture to the chocolate and mix well.

Stir in the butter, ensure that it has melted.

Pour the mixture on top of the base in the 6 pots.

Sprinkle with cocoa powder and chopped nuts.

Put the pots in the fridge until cooled and firm.

Curries to try –

CurryHells Mushroom Bhaji

Chicken Punjabi Masala

Chicken Elaichi – cook4one recipe

Bombay potato or aloo sag (russels?)

Curry Kings Bhuna

Variations to try –

Lower spices amount and add some curry pastes

Use finely chopped garlic and ginger – note : not really any difference

Use deggi mirch instead of chilli – not really any difference

Fry spices, then onions

Try using onion paste after cooking spices – see Razors recipe

Suggested meals for 5-6 -

Butter Chicken/Korma/Mogul/Tika Masala

Veg Jalfrezi/Chilli and Garlic Veg/Veg Madras

Murghi Chilli Bahar/Chicken and Mushroom Tamarind/Chicken Bengali Mirchi/Chicken Jaflong

Tarka Dahl/Masala Dhal

Bombay Potatoes

Pilau Rice, Garlic/chilli fried rice

Nan/Parathas (dry fry frozen type – nice!)

Others tried –