

## Vindaloo and Other Restaurant Favourites

The standard Indian restaurant menu is generally 'heat' graded. Under 'hot' and 'extra hot' will appear *Madras* and *phal*. *Vindaloo* is generally somewhere in between, with *bindaloo* and *tindaloo* hotter variations, though not at hot as *phal*.

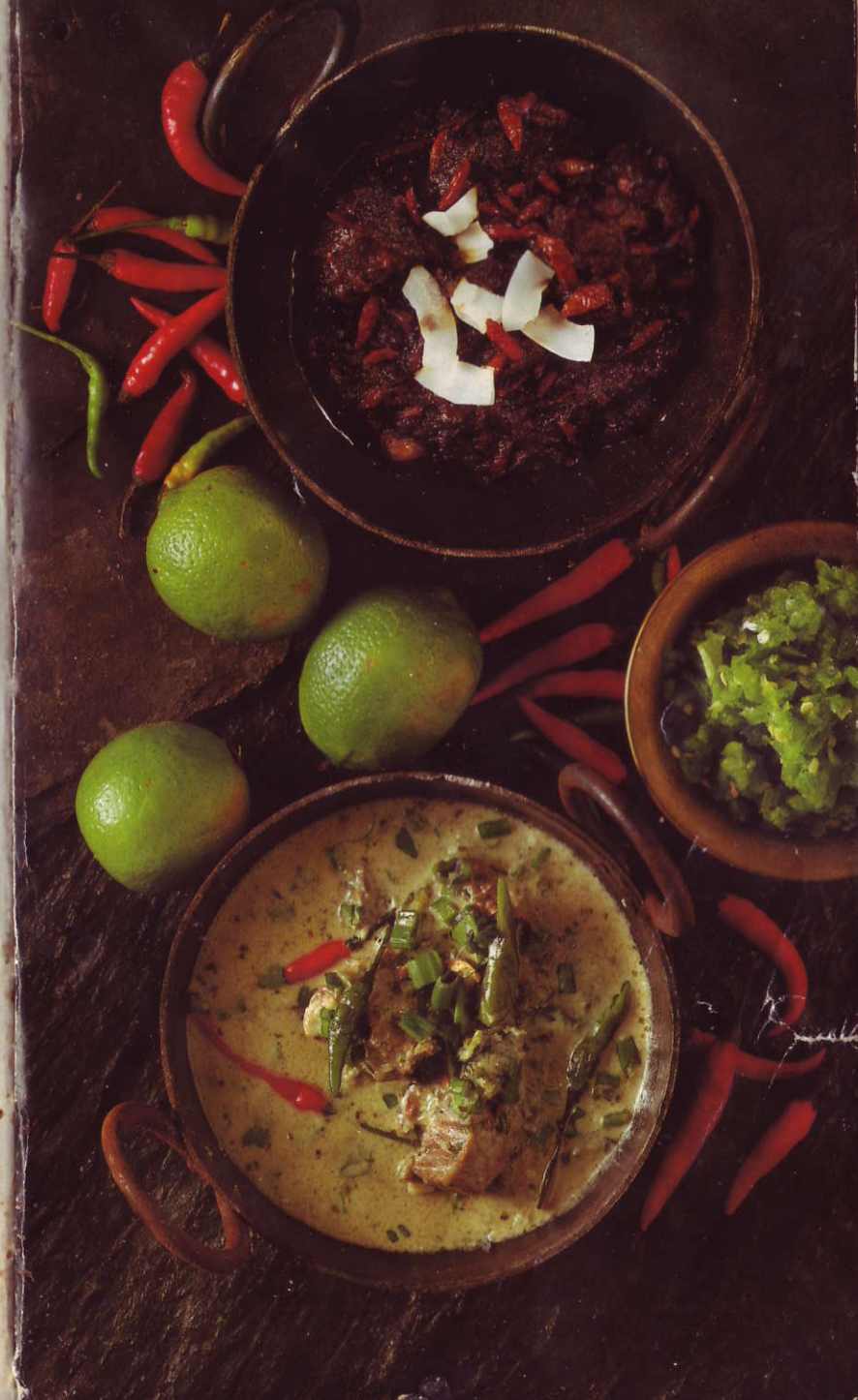
To make these restaurant-style hot curries, you'll need to make a thick soup-like gravy, or sauce, called the 'base'. Here it is in a four-portion serving. This same base is used for all the eight curries in this chapter. Adjustments to times and methods enable the reader to use meat or poultry or seafood or vegetables or combinations.

### CURRY BASE GRAVY

Every curry restaurant makes its own base. It is the equivalent of the stock pot in the French or English restaurant kitchen. They are all much of a muchness, but this particular tasty version is a modification of a base worked out by Curry Club member, and sauce super sleuth, Bruce Edwards.

**Serves:** 4 when added to 1½ lb (675 g) of main ingredient

**Makes:** 2 pints (1.2 l) sauce



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| 2 garlic cloves                              | 5 tablespoons vegetable oil              |
| 1 inch (2.5 cm) cube fresh ginger            | 1 pint (600 ml) vegetable stock or water |
| 1 lb (450 g) Spanish onions                  | 1/2 pint (300 ml) milk                   |
| 1 medium-sized carrot                        | <b>SPICES</b>                            |
| 1 stick celery                               | 1 teaspoon coriander                     |
| 1 tablespoon chopped red pepper              | 1 teaspoon turmeric                      |
| 4 green chillies                             | 1 teaspoon cumin                         |
| 1 tomato                                     | 1 teaspoon cayenne pepper                |
| 2 inch (5 cm) cube white radish (mooli)      | 1 teaspoon aromatic curry powder         |
| 2 tablespoons chopped fresh coriander leaves | 1/3 teaspoon lovage seeds                |

*TRY X4 IN THE GREEN POT*

Mix the spices with 2 tablespoons water. Finely chop all the vegetables. In a 5 pint (2.8 l) saucepan, heat the oil to near smoking, then lower the heat and stir-fry the garlic for 20 seconds. Add the ginger, and 20 seconds later add the spice mixture (be careful of the spluttering). Briskly stir-fry for a minute or so, then add the onions and stir-fry for 10 minutes. Add the stock or water and milk and bring to a gentle simmer. Add the vegetables. Simmer with the lid on for 30 minutes or more – timing here isn't crucial.

Allow to cool down then pass the mixture through the blender to achieve a pourable gravy, sauce or purée. You may need to add a little water here (or earlier) to obtain the correct texture. The curry base is now ready.

*Opposite page 16 (top to bottom):* Burmese Meat Chilli Fry (pages 32-3), Minced Green Chilli (pages 60-1), and Thai Lamb Green Curry (page 27) garnished with red chillies

*Opposite (top to bottom):* Thai Turkey Orange Curry (page 40), Nepalese River Duck (page 39), both garnished with Fresh Chilli Tassels (page 60). Alongside are Thai eggplants and tiny Thai pea eggplants

