

MEAT VINDALOO

This is the archetypal, world-famous, most popular restaurant dish, the title of this book; beloved by some, dreaded and never eaten by most! Pronounced VINDeLOO, with emphasis on the first and last syllables, it is a hot restaurant invention containing potato (aloo). To find out about the real version, to which this bears no resemblance, see pages ix and 24.

Serves: 4

1 ¹ / ₄ lb (560 g) stewing steak or lamb, diced	8-10 1 inch (2.5 cm) cubes boiled potato
4 tablespoons ghee or vegetable oil	1 tablespoon vinegar (any type)
1 tablespoon tomato-purée	2 teaspoons garam masala, optional (page 4)
2 teaspoons hot curry paste (page 5)	2 tablespoons chopped fresh coriander leaves
1/2 teaspoon dry fenugreek leaves	salt to taste
8 red cayenne chillies, cut into long slices	SPICES
1/2 green pepper, cut into 1/2 inch (1.25 cm) cubes	1 ¹ / ₂ teaspoons coriander
2 pints (1.2 l) curry base gravy (page 16)	1 teaspoon cummin
	1 teaspoon cayenne pepper
	1/2 teaspoon turmeric

Preheat the oven to 375°F/190°C/Gas 5. Mix the spices with 2 tablespoons of water. Heat half the ghee or oil in a pan (karahi, wok or frying pan). Add the spice mixture (it will splutter) and briskly stir-fry for a minute or so, then stir-fry in the tomato purée, curry paste, fenugreek leaves, chillies, green pepper and curry base gravy. When simmering, transfer to a 4¹/₂ pint (2.6 l) minimum lidded casserole and put it into the oven.

Now 'seal' the meat by stir-frying it in the pan with the rest of the ghee or oil, for about 10 minutes. Drain off any

liquid (keep it for stock or use later) then put the hot meat into the casserole dish. Stir well, put on the lid and replace the dish in the hot oven. After about 20 minutes inspect, stir and add a little heated stock or water if needed.

Continue to cook for another 20 minutes, then inspect again, this time testing for tenderness – it will probably need a little longer. Add the boiled potato cubes, vinegar, garam masala and half the fresh coriander and cook for at least 10 more minutes.

So the total oven time is 50 minutes minimum.

When the meat is as tender as you want it, and just prior to serving, spoon off any excess oil. Salt to taste, garnish with the remaining fresh coriander and serve.

CHICKEN VINDALOO

Use 1¹/₄ lb (560 g) skinless, filleted chicken breast, cut into 1¹/₂ inch (4 cm) cubes, instead of meat. The remaining ingredients are the same.

Follow the same method as for meat but cook in the oven for only 20 minutes before adding the potato cubes, etc. So the total oven time is about 30 minutes.

PRAWN, LOBSTER OR SCAMPI VINDALOO

Use 1¹/₄ lb (560 g) whole shelled prawns or king prawns, or lobster meat, scampi etc. (thawed if frozen). The remaining ingredients are the same.

Follow the same method as for meat but cook in the oven for only 20 minutes before adding the potato cubes, etc. So the total oven time is about 30 minutes.

TINDALOO/BINDALOO

Restaurant variations on the vindaloo theme. The name of the game is to achieve a curry which is hotter still.

Simply add 1 or 2 or more teaspoons cayenne pepper or extra hot (bird) chilli powder to the spices on page 18. Every other detail is the same.