

Alex's Curry

Ingredients

Coriander seeds ½ teaspoon
¼ teaspoon black peppercorns
Mixed mustard seeds ½ teaspoon
Fennel seeds ½ teaspoon
Green cardamom ½ teaspoon
Cumin seeds ½ teaspoon
Bay leaves ½ teaspoon
Star anise 1 whole
Fenugreek seeds ½ teaspoon
Ground cumin 1 heaped tablespoon
Ground coriander 1 heaped tablespoon
Madras curry powder (shop bought) 3 heaped tablespoons
Sliced onions 6 medium sliced onions
Tomato puree mixed with water or passata ½ tube mixed with water
Garlic 3 cloves when reheating
Salt
Lemon
Rapeseed oil or sunflower oil 200ml
Butter (optional) when reheating
Cold pressed rapeseed oil (optional)
Fresh chopped coriander

First, get all your ingredients prepared in advanced, we call this mis en place in kitchens! In a small ramekin or dish measure out your whole spices and set aside, mix your ground spices in a bowl or jug with water to create a paste. Have your onions sliced as thin as you can in a bowl ready. Place your saucepan on a medium heat and add your oil. When it is hot add your whole spices, you want to hear them pop! This process is called Tarka, we our flavouring the oil with our whole spices.

Now add your onions to the oil and spice mix in the pan and give it a good stir, keeping the heat the same. Be gentle but firm at this point as it is hot, you want your onions to be evenly coated in the oil mixture.

Now put on the lid and leave to slowly caramelise for as long as they take to turn into a lovely deep golden brown. Keep an eye on

them, stirring when need be, they will catch on the bottom, don't worry this creates the lovely caramelised flavour. When the onions are ready, take off the lid and add your spice paste, give it a good stir and cook out for about a minute. Now add your tomato mixture stir and leave to simmer.

Move to a smaller hob at this point and let it slowly simmer for approximately 30 minutes, with the lid off. Take care at this point that it doesn't stick to the bottom, as the spices will burn, season with salt, adjust your water as it might take a touch more throughout. Once it looks a deep red/ brown colour, and is nice and rich Take off heat, cool, and put in fridge. We now leave this for 24 hours, to let all the flavours come together.

Up to this point it is completely vegan, to keep it vegan caramelize your garlic in cold pressed rapeseed oil, getting your garlic nice and brown, then add your curry sauce from the fridge, gently stir, and allow it to simmer. We use cold pressed rapeseed oil for this process to keep it vegan, and we believe it's a lot richer, almost buttery!

If you want a buttery garlicky curry get a sauce pan on a medium heat and add your butter and garlic, you want to caramelize your garlic in the butter, get it nice and brown, do not burn it! then spoon in your curry from the fridge, gently stir and allow it to simmer. Now you can either add chicken, we marinated and brine chicken thigh for 24 hours and add it to the curry , or for a vegetarian curry, we use soaked and boiled split peas and butter beans

Always check your seasoning throughout all the stages of cooking, a squeeze of lemon really helps freshen everything up. In the ingredients list I have included a shop bought curry powder as it's as good and a lot easier, we roast and grind our own in the restaurant , if you have a spice grinder at home (coffee ones are actually better) have a go at creating your own unique blend!

And now the great debateCORRIANDER! personally I believe it's not the same without it, but this herb is as divisive as Brexit, so I'll leave it up to you!

Alex