

Quick-Cook Curry Recipe

1. Pick the base of your curry (meat, fish, vegetables) and fry off with 1 chopped onion and a little vegetable/ sunflower oil or ghee.

Add approximately 80g curry paste per person and a splash of water, coconut milk, or chopped tomatoes.

3. Leave to simmer with the lid on for 8-10 minutes.

for...
Besengek,
Butter Chicken,
Green Curry,
Red Curry, Tikka
Masala, Tandoori
or Vindaloo
pastes.







Slow-Cook Curry Recipe

1. Pick the base of your curry (meat, fish, vegetables) and, if using pork belly or stewing steak, seal in a hot pan together with a little vegetable/sunflower oil or ghee, then add 1 chopped onion.

2. Add approximately 80g curry paste per person and a splash of water, coconut milk, or chopped tomatoes.

3. Stir thoroughly and then place a lid on the pan and oven cook for 3-4 hours at 130°c.

4. Check the curry intermittently, adding a little more water if it looks to be drying out.

for... Babi Ketjap Bumbu Bali Rendang or Vindaloo pastes.



