

Quick-Cook Curry Recipe

- 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

- 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.
- 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.
- 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.