

Monthly Curry Club



Lamb Samosa

- 250g lean minced lamb
- 1 tablespoons green chilli paste
- 1/2 onion finely chopped
- 1/2 tablespoon freshly roasted and ground coriander powder
- 1/2 tablespoon garam masala
- Small bunch finely chopped fresh coriander
- 1/2 teaspoon salt
- 1 potato par boiled
- 150 g frozen peas
- 4 Sheets of filo pastry (ready rolled)

Mixed Powder.

- 3 tbsp ground cumin
- 3 tbsp ground coriander
- 4 tbsp curry powder
- 3 tbsp paprika
- 3 tbsp ground turmeric
- 1 tbsp garam masala

Rogan Josh

INGREDIENTS

- 2 tbsp ghee or vegetable oil
- 2 tbsp garlic and ginger paste
- 2- 4 tbsp paprika
- 1 tsp red chilli powder (or more to taste)
- 1 tbsp cumin
- 2 tbsp mixed powder*
- 150ml tomato puree
- 500ml heated curry sauce
- 500g protein of choice (pre-cooked lamb leg/shoulder, chicken breast/thigh, paneer cheese or tofu)
- 2 generous tbsp cashew paste (Simply pound a cashews with a little water into a paste)
- 3 tbsp plain natural yogurt
- 1 tsp garam masala
- 2 tomatoes quartered
- salt to taste
- 2 tsp dried fenugreek leaves
- 2 tablespoons chopped coriander
- Chopped red onion to garnish

Alloo Gobi

- 2 - 3 tbsp rapeseed (canola) oil
- 1 tsp black mustard seeds
- 1 tsp cumin seeds
- 1/2 onion - finely chopped
- 2 - 3 green bird's eye chillies - finely chopped
- 1 tbsp garlic and ginger paste
- 1 tbsp mixed powder
- 1/2 tsp ground turmeric
- 1 tsp amchoor powder
- 1 tsp Kashmiri chilli powder
- 70ml (1/4 cup) tomato puree
- 300ml (1 1/4 cup) approx. base curry sauce
- 175g each of par-cooked potatoes and cauliflower
- 3 tbsp chopped coriander (cilantro)
- Salt to taste to taste