

BASIC CURRY



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- 1 chopped onion
- 1 cinnamon stick (optional)
- 1 star anise (optional)
- 3 cardamon pods (optional)
- 6 curry leaves (optional)
- 1 Table spoon garlic and ginger
- 1 teaspoon cumin powder
- 2 tablespoons of masala/curry powder
- Meat of your choice
- Potatoes

Chop onion finely, braise till golden with all the optional seeds. add garlic and ginger and fry with onion for 60 seconds. Add cumin powder with masala and braise on low hear for 60 seconds. Put in your meat, cover with water and cook till soft. Add potatoes. When potatoes soft garnish with fresh coriander.

Recipe: Eimaan Phillips