



# CURRY MADE EASY

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**MUTTON CURRY**

**FISH CURRY**

**CRAB CURRY**

**TRIPE CURRY**

**SHEEP HEAD**

**CHICKEN CURRY**

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# MUTTON CURRY



## INGREDIENTS

- 1KG Mutton
- 5-7 Tablespoons Cooking Oil
- 1 Medium Size Onion Thinly Sliced
- 1 Tomato – Medium Size
- 3-6 Tablespoons Curry Powder
- 1 Teaspoon Turmeric Powder
- 1 Teaspoon Jeera Powder (Level)
- 1 Teaspoon Dhania Powder (Level)
- 1 Teaspoon Salt (Salt to Taste)
- 4 Cinnamon Sticks
- 3-4 Elachi Pods
- 2 Tablespoon Ginger/Garlic Paste
- Curry Leaf
- Dhania Leaves

## Optional

- 4 Potatoes each cut into 4 pieces.
- ½ Cup Green Peas

## METHOD

- Add cooking oil to pot and heat.
- Add onions and cook till lightly brown.
- Add Curry Powder, Turmeric Powder, Jeera Powder, Dhania Powder, Salt, Chopped Tomato, Ginger/Garlic Paste, Cinnamon Sticks and stir for 1-3 minutes on medium heat. You may add a little water as required.
- Now add your mutton and curry leaves then cook for about ±25-35 minutes depending on the toughness of the meat.
- Add potatoes/green peas when meat is ¾ way cooked.
- Garnish with Dhania Leaves

Serving Ideas: Serve with cooked Rice, Bread or Roti.

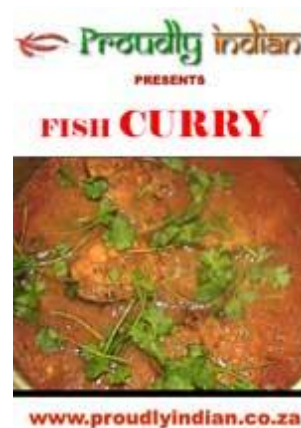


# FISH CURRY

2

## INGREDIENTS

- 1.5KG Fish
- 10-12 Tablespoons Cooking Oil
- 1 Onion Medium Size (Thinly Sliced)
- 8-12 Tomatoes Medium Size
- 2 Teaspoons Tamarind (Diluted in ¼ Cup Water forming a thick juice)
- 4 Green Chilies
- 3-6 Tablespoons Curry Powder
- 1 Teaspoon Turmeric Powder
- 1 Teaspoon Jeera Powder
- 1 Teaspoon Dhania Powder
- 1 Teaspoon Salt (Salt to Taste)
- 1 Teaspoon Sugar
- 2 Tablespoon Ginger/Garlic Paste
- 4-6 Pods of whole garlic.
- Curry Leaf
- Garnish with Dhania Leaves



## METHOD

- Heat Oil in pot.
- Fry Fish for 2-3 Minutes for firmness (Rub a little curry powder onto the fish before frying).
- Remove Fish from pot. Fry onions and then add ALL spices listed.
- Add ginger/garlic paste, tomatoes, curry leaves and green chilies and garlic pods.
- Cook the curry for 10 minutes then add tamarind water, sugar & salt to taste.
- Add Fish to curry and cook for another 8-10 minutes (Until gravy thickens).
- Garnish with Dhania Leaves.
- ✓ Grate the tomatoes before adding it to curry. Split green chilies.
- ✓ If oil is less, you can add as required for the curry, fish curry always takes extra oil.

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# CRAB CURRY



## INGREDIENTS

- 2KG Crab
- 8-12 Tablespoons Cooking Oil
- 1 Onion Medium Size (Thinly Sliced)
- 3 Cinnamon Sticks
- 8-12 Tomatoes Medium Size
- 4 Green Chilies
- 4-6 Tablespoons Curry Powder
- 2 Teaspoons Tamarind (Diluted in ¼ Cup Water forming a thick juice)
- 1 Teaspoon Turmeric Powder
- 1 Teaspoon Jeera Powder
- 1 Teaspoon Dhania Powder
- 1 Teaspoon Salt (Salt to Taste)
- 2 Tablespoon Ginger/Garlic Paste
- Curry Leaf
- Dhania Leaves

## METHOD

- Heat oil in pot.
- Fry onions and then add ALL spices listed.
- Then add ginger/garlic paste, tomatoes, curry leaves and green chilies, Tamarind juice.
- Then add the Crab and/or Prawns.
- Add salt to taste and cook for 20-25 minutes.
- Garnish with Dhania Leaves
- Allow to simmer before serving.

## Notes:

- Grate the tomatoes.
- Split green chilies

# TRIPE CURRY with Kidney Beans



## INGREDIENTS

- 1 Kg Sheep Tripe
- 4-6 Tablespoons Cooking oil
- 1 Onion Medium Size (Thinly Sliced)
- 1 Tomato Medium Size
- 3-5 Tablespoons Curry Powder
- ½ Teaspoon Tumeric Powder
- 1 Teaspoon Jeera Powder
- 1 Teaspoon Dhania Powder
- 1 Teaspoon Salt
- 3-4 Cinnamon Sticks
- 2 Tablespoons ginger/garlic paste
- Curry Leaves
- Dhania Leaves
- 3-4 Elachi Pods
- 500g Kidney Beans or (1-2 tins of Butter Beans)

## METHOD

- Boil Tripe (In pressure cooker about 15-20 mins) with Cinnamon Sticks and Elaichi Pods. Drain and set aside.
- Boil Kidney Beans
- Add oil to pot and heat.
- Add onions and cook till lightly brown.
- Add curry powder, dhania powder, jeera powder, salt, tomatoes, ginger/garlic paste, cinnamon sticks and stir for 1-3 minutes on medium heat. You may add a little water.
- Now add your BOILED tripe and kidney beans then cook for ± 10 minutes.
- Add water if required.
- Garnish with Dhania Leaves

Serving Ideas: Serve with cooked Rice or Bread

# SHEEP HEAD



## INGREDIENTS

- 2 KG Sheep Head
- 6 Tablespoons Cooking Oil
- 1 Onion Medium Size (Thinly Sliced)
- 2 Tomato Medium Size
- 4 Potatoes Medium Size
- 4-6 Tablespoon Curry Powder
- ½ Teaspoon Turmeric Powder
- 1 Teaspoon Jeera Powder
- 1 Teaspoon Dhania Powder
- 1 Teaspoon Salt (Salt to Taste)
- 4 Cinnamon Sticks
- 3-4 Elaichi Pods
- 2 Bay Leaves
- 2 Tablespoon Ginger/Garlic Paste
- Curry Leaves
- Dhania Leaves



## METHOD

- Boil Sheep Head – chopped into curry pieces (In pressure cooker about 15-20 mins) with Cinnamon Sticks and Elaichi Pods – Strain and set aside.
- Add oil to pot and heat.
- Add onions and cook till lightly brown.
- Add curry powder, dhania powder, jeera powder, salt, tomatoes, ginger/garlic paste, cinnamon sticks, elaichi, bay leaves and stir for 1-3 minutes on medium heat. You may add little water if required.
- Now add your BOILED sheep head and cook for about 5-15 minutes. Add water as required.
- Add potatoes, half cup water and bring to a boil, then turn down stove to moderate heat.
- Cook until potatoes are soft and curry thickens.
- Garnish with Dhania Leaves

# CHICKEN CURRY



## INGREDIENTS

- 1 Medium size dressed chicken
- 4-6 Tablespoons Cooking Oil
- 1 Medium Size Onion Thinly Sliced
- 1 Tomato – Medium Size
- 3-6 Tablespoons Curry Powder
- 1 Teaspoon Jeera Powder (Level)
- 1 Teaspoon Dhania Powder (Level)
- 1 Teaspoon Salt (Salt to Taste)
- 4 Cinnamon Sticks
- 3-4 Elachi Pods
- 2 Tablespoon Ginger/Garlic Paste
- Curry Leaf
- Dhania Leaves

## Optional

- 4 Potatoes each cut into 4 pieces.
- ½ Cup Green Peas

## METHOD

- Add oil to pot and heat.
- Add onions and cook till lightly brown.
- Add Curry Powder, Jeera Powder, Dhania Powder, Salt, Tomatoes, Ginger/Garlic Paste, Cinnamon Sticks and stir for 1-3 Minutes on medium heat. You may add a little water if required.
- Now add your chicken and cook for about ±10-15 minutes.
- Add potatoes/green peas when meat is ¾ way cooked.
- Garnish with Dhania Leaves

Serving Ideas: Serve with cooked Rice, Bread or Roti.




# INGREDIENTS




## General Cooking Tips



- You can add extra curry powder as the curry is cooking.

<b>Dhania Leaves Coriander Leaves</b>	<b>Cinnamon Sticks</b>	<b>Elaichi Pods Cardamom Pods</b>
		

<b>Jeera – Cumin Powder</b>	<b>Turmeric Powder</b>	<b>Curry Leaves</b>
		

<b>Bay Leaves</b>	<b>Curry Powder</b>	<b>Seedless Tamarind</b>
		

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