

Fruity Cape Curry Sauce:

Type:	Curry Sauce
Serves:	8-10
Oven:	N/A
Time:	2h30
Important utensils:	Stick blender, large pot

The Sauce:

- 100gr x butter
- 100ml x oil
- 300gr onion finely chopped
- 20gr x garlic
- 20gr x ginger
- 20gr x methi (fenugreek)
- 50gr x curry powder
- 50gr x turmeric
- 750ml tinned tomato, blended
- 400ml coconut milk
- 125ml lemon juice
- 125ml chutney

Method:

1. Fry onions until soft & translucent.
2. Add the garlic, ginger & fry for few minutes, do not let the garlic burn.
3. Add the spices & combine well on medium heat until you can smell the aromatics.
4. Add all the ingredients and cook on low heat for 2hrs, stirring occasionally to stop it from sticking.
5. When done puree the sauce completely with stick blender.
6. Chill & keep until needed.
7. Freezes very well.

VARIATIONS:

Chicken Curry:

- 200ml curry sauce
- 1 x chicken breast (+-180gr)
- 100gr mixed veg
- 1 x tbsp. Butter
- 2 x tbsp. Cream
- 50ml x Veg stock

Veg curry:

- 200ml curry sauce
- 150gr mixed veg
- 1 x tbsp. Butter
- 2 x tbsp. Cream
- 50ml x Veg stock

Method:

1. Pour the sauce into a pot, bring to a simmer & add all the items.
2. Heat through until everything is cooked through & hot.
3. Serve with basmati rice & salsa

Fish Curry:

- 2 x prawns, cleaned but not de-shelled
- 100gr x firm fish, i.e. yellowtail
- 50gr x mussel meat
- 100gr mixed veg
- 1 x tbsp. Butter
- 2 x tbsp. Cream
- 50ml x Veg stock

Lamb Curry:

- 200ml curry sauce
- 150gr leftover lamb leg, cubed
- 150gr mixed veg
- 1 x tbsp. Butter
- 2 x tbsp. Cream
- 50ml x Veg stock

