



Durban Curry Lovers

EASY RECIPES USING DURBAN CURRY LOVERS ALL IN ONE MASALA.

Mutton / Lamb / Beef Curry

Ingredients

1 kg Mutton/Lamb/Beef
1 tbsp Fresh Ginger and Garlic
2 Tomatoes chopped
2 Medium Onions Sliced
3 Medium Potatoes Quartered
½ cup Cooking Oil
4 tbsp Durban Curry Lovers - All in One Masala (30g)
Fresh Curry Leaves and Coriander to Garnish

Method

1. Heat Oil to a medium heat and fry Onions until golden brown.
2. Add Durban Curry Lovers - All in One Masala and fresh Ginger and Garlic, stir for 10 seconds.
3. Add Mutton/Lamb/Beef and mix well. Allow Meat and spices to fry for a few minutes on a low heat, stirring occasionally without burning.
4. Add Tomatoes and cook on a low heat, stirring occasionally until cooked.
5. Add Salt to taste.
6. Add water, to cover your meat, and cook on medium heat until Meat has softened. You can add more water as desired and cook further.
7. Add Potatoes and water as desired to cook Potatoes until soft. Mix your potatoes with a few drops of Egg Yellow, food colouring, and let stand for 10 mins + before adding.
8. Garnish with fresh Curry Leaves and Coriander.

Chicken Curry

Ingredients

1 kg Chicken Pieces, cut into medium sizes
2 tbsp Fresh Ginger and Garlic
2 Medium Tomatoes chopped
2 Medium Onions Sliced
3 Medium Potatoes
½ cup Cooking Oil
4 tbsp Durban Curry Lovers - All in One Masala (30g)
Fresh Curry Leaves and Coriander to Garnish

Method

1. Heat Oil to a medium heat and fry Onions until golden brown.
2. Add Durban Curry Lovers - All in One Masala and fresh Ginger and Garlic, stir for 10 seconds.
3. Add Tomatoes and cook on a low heat, stirring occasionally until softened and the oil starts to separate.
4. Add Chicken and Potatoes and mix well.
5. Add Salt to taste
6. Add 1 cup of water (or as required) and cook on a medium heat until Chicken is cooked and Potatoes have softened.
7. Garnish with fresh curry leaves and coriander

ONLINE STORE: WWW.CURRYLOVERS.CO.ZA MORE RECIPES: WWW.CURRYRECIPE.CO.ZA

FIND A GREAT CURRY NEAR YOU: WWW.CURRYFINDER.CO.ZA

Learn Tips, Tricks & Family Secrets on our Facebook Group, "We are Durban Curry Lovers"
<https://www.facebook.com/groups/durbancurrylovers>

Fish Curry Recipe

Ingredients

1 kg Fresh/Frozen Fish pieces
 2 tsp Fresh Garlic
 6 Medium Tomatoes chopped
 2 Medium Onions Sliced
 ½ cup Cooking Oil
 4 tbsp Durban Curry Lovers - All in One Masala (30g)
 2 tbsp Tamarind Juice*
 Fresh Curry Leaves and Coriander to Garnish

Method

1. Heat Oil to a medium heat and fry Onions until golden brown.
2. Add Durban Curry Lovers - All in One Masala and fresh Garlic, stir for 5 seconds.
3. Add Tomatoes and cook on medium heat until Tomatoes have softened and the oil has separated.
4. Add Salt to taste.
5. Add pieces of Fish carefully setting them into the tomato gravy.
6. Mix occasionally and very gently without turning or breaking the fish.
7. Cook until the Tomatoes have reduced.
8. Add Tamarind Juice 5min before turning the stove off.
9. Garnish with fresh curry leaves and coriander.

Use Brinjals if desired (add sliced Brinjals in the beginning, after you have added the Tomatoes)

*Dissolve 2 tbsp of Tamarind into ½ cup of boiling water. Strain the pulp and use the Tamarind Juice.

Tikka Paste Recipe

Ingredients

Mix in a bowl

500 gram Double Thick Yoghurt
 2 Tbsp Ginger / Garlic Paste (or add fresh along with the ingredients in the blender)
 12 Tbsp Tikka Masala (180 ml)
 1 Tbsp Black pepper
 9 Tbsp Sunflower or Neutral Oil
 2 Tbsp Mustard Oil

In the Blender

Small bunch dhania
 Small bunch mint
 7 Green chillies
 12 Cloves garlic
 7 Tbsp lemon
 2 Tbsp vinegar

Method

1. Add the top batch of ingredients above to a blender and blend until a smooth paste, and when done, mix into the bowl with the rest of the ingredients

Notes

1. Adding red food colour is optional.
2. Authentic Tikka Masala contains Black Salt which sometimes emits a sulphur (rotten egg) type smell when in contact with air and especially the yoghurt. Ignore this, it is perfectly normal and will dissipate.

See Recipe here

<https://www.currylovers.co.za/product/tikka-tandoori-all-in-one-masala/>

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