



DURBAN CURRY LOVERS

The home of that famous all-in-one

Mutton / Lamb / Beef / Chicken Curry

Ingredients

- 1/2 Cup Sunflower Oil 120ml
- 220g Thinly sliced or grated onion (2 medium)
- 1 tbsp Fresh Ginger and Garlic (15ml)
- 4 tbsp Durban Curry Lovers - All in One Masala (32g)
- 1 kg Meat or your favourite protein
- 200g Jam Tomatoes, finely chopped (2 medium)
- 3 Medium Potatoes Quartered (poke with fork)
- Fresh Curry Leaves and Coriander
- Hot water as necessary
- Salt to taste

Method

1. Heat Oil to a medium heat and fry onions until they start to turn golden
2. Add curry leaves and (optional) fresh green chillies (split)
3. Add fresh Ginger and Garlic paste and saute until softened
4. Reduce heat and add Durban Curry Lovers, All in One Masala, stir for at least 20 seconds. Take care not to burn the masala
5. Add your favourite meat or protein and mix well.
6. Allow the Meat and spices to fry for a few minutes on a low heat, stirring occasionally without burning. Gradually increase heat and braise until the meat has some colour and you can see the red oil start to separate.
7. Add the tomatoes and braise on a medium heat, stirring occasionally until the tomatoes have broken down and incorporated into the gravy, and again you see the red oil start to separate from the gravy.
8. Add Salt to taste.
9. Continue to braise on a medium heat until the meat has softened.
10. Add the Potatoes and water as desired or as necessary to cook the potatoes until soft.

Garnish with fresh dhanian / coriander

Enjoy.

PLEASE NOTE: Step 3 + 4 may be swapped around depending on your preference. If you are cooking with very little oil, I suggest that you add the tomatoes first.

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 starting to turn golden
2. Add fresh Ginger and Garlic and saute until softened
3. Add Durban Curry Lovers - All in One Masala, stir for at least 20 seconds.
4. Add Tomatoes and cook on medium heat until Tomatoes have softened and the oil has separated.
5. Add Salt to taste.
6. Add pieces of Fish carefully setting them into the tomato gravy.
7. Mix occasionally and very gently without turning or breaking the fish.
8. Cook until the Tomatoes have reduced.
9. Add Tamarind Juice 5min before turning the stove off.
10. 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.



DURBAN CURRY LOVERS

The home of that famous all-in-one

Sugar Bean Curry Recipe

Ingredients

- The Curry Gravy
- 100 ml Sunflower Oil
- 1 sprig Curry Leaves
- 2 Green Chillies Optional
- 1 tsp Ginger & Garlic paste optional
- 32 g Durban Curry Lovers ORIGINAL BLEND
- 2-3 Jam Tomatoes
- 2 quartered Potatoes
- 2 pinch Fresh Dhania
- The Sugar Beans
- 200 g Sugar Beans (red speckled beans)
- Three times more water than beans in the pot

Instructions

Cooking the beans

1. I cook for 20 mins in an electric pressure cooker, I leave the pressure release naturally.

If you prefer to cook on the stove top, gently simmer until the beans are soft.

2. IMPORTANT: Retain the water to use when cooking the gravy

The Curry Gravy / Chutney

1. Add oil to the pot and heat
2. Add the curry leaves and allow to start to sizzle
3. Add the green chillies
4. Add the onions and saute until translucent
5. Add the garlic & ginger paste
6. Saute all above until onions start to go golden
7. Add the masala and mix well
8. Add the chopped tomatoes and some water if the pot is dry
9. Cook the tomatoes down, adding more water if required
10. Add the potatoes when you see the oil starting to separate from the gravy / chutney
11. Cover the potatoes with the retained water from the beans
12. When the potatoes are almost done, add the beans
13. Simmer on low until the potatoes are ready and the beans are soft, you should have a lovely thick gravy.
14. Garnish with fresh dhania
15. Serve & Enjoy

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/>

Please see the following link for our Butter Chicken Recipe

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