



Ilja Harvey of Pudding Pie Cookery School

JALFREZI

Serves 4



Pudding Pie
Cookery School

www.puddingpie.co.uk
01295 713 705

A classic dish: curry is a great way to use up leftovers or tired vegetables.

Ingredients

- 2 cloves garlic, chopped
- 750g meat/fish/vegetables
- 1 onion finely grated
- 1 tsp red chilli powder
- 1 tsp salt
- 400g chopped tomatoes
- 30g ghee/clarified butter or olive oil
- 3 tsp ground cumin
- 3 tsp ground coriander
- 2 tbsp grated fresh ginger or 2 tsp ground ginger
- 30g fresh coriander, leaves roughly chopped
- oil for cooking

Method

1. Heat about 2 tbsp of oil in a deep frying pan and fry the onion and garlic for 2 minutes over a high heat.
2. Mix in the meat and/or vegetables (fish can be added later as it cooks much quicker), turmeric, chilli powder and salt. Gently fry for 5-10 minutes or until golden, turning the meat/vegetables frequently.
3. Mix in the tomatoes, cover and stir fry over medium heat up for 20 minutes. Uncover and simmer (boil slowly at low temperature) for 10 minutes to let all the excess liquid evaporate and the sauce thicken. This is a good time to add the fish if you are using it.
4. Mix in the ghee or oil, cumin, ground coriander, ginger and fresh coriander and simmer for 5-7 minutes or until the fat separates out from the thick sauce.
5. Taste for seasoning and add salt if required.

