

# Woodcruft Universal Curry

## \* **Ingredients:**

6	chicken thighs (skinned)
2	leeks, chopped
2	onions, chopped
1	sweet potato, chopped
1 tin	chopped tomatoes
3 cloves	garlic
1	stock cube
2 <i>inches</i>	ginger, peeled and chopped
2	fresh chillis, chopped (or <i>tsp</i> dried chilli flakes)
2-400 <i>ml</i>	coconut milk
2 <i>tsp</i>	ground cumin
1 <i>tsp</i>	paprika
$\frac{1}{2}$ <i>tsp</i>	chilli powder
$\frac{1}{2}$ <i>tsp</i>	cumin seeds
$\frac{1}{3}$ <i>tsp</i>	cinnamon
1 <i>tsp</i>	ground coriander
$\frac{1}{2}$ <i>tsp</i>	ground fennel
$\frac{1}{2}$ <i>tsp</i>	ground cardamom
1 <i>tsp</i>	turmeric
<i>handful</i>	curry leaves
$\frac{3}{4}$ <i>tsp</i>	salt
$\frac{3}{4}$ <i>tsp</i>	black pepper, cracked
	fresh coriander, chopped

**\* Introduction:**

This curry can be cooked using different methods. The one I have given here is for a slow cooker but you can alternatively use a conventional hob or oven.

If so, there are some preliminary steps you should take.

Chop up the onions and fry them until they are translucent in a frying pan. Throw in the chopped up garlic too. Then add whatever meat you're using and fry that until it is "sealed", which takes approximately 5 to 10 minutes.

If you're cooking the curry on the hob, then stick all your ingredients in a saucepan with a lid and bring to the boil. Then turn the heat down so the contents are just simmering. It should take no longer than 2 hours for the meat and vegetables to be well cooked. Stir occasionally.

The procedure for the oven is similar to the hob. After you've fried up the meat and onions, put them in an oven-proof dish with a lid along with the rest of the ingredients. Cook for approximately 2 hours at 140°C.

**\* Method (for slow cooker):**

Stick the chicken (or whatever meat) in the slow cooker. Measure your spices out into a cup and then sprinkle contents of the cup onto the meat. Chop up onions, leeks, sweet potato, chillis, ginger and garlic and throw into slow cooker on top of the meat. Add coconut milk and chopped tomatoes. Add salt, black pepper and crumbled stock cube. Cook for 7 hours on slow or 4 hours on quick. Add chopped, fresh coriander an hour before end of cooking or use as a garnish. Give it an occasional stir during cooking.

Eat with rice and/or naan.

\* **Notes:**

You can use any meat you like, it doesn't have to be chicken. You don't even have to use meat at all if you're a vegetarian or vegan; just replace the meat with more sweet potatoes and other vegetables and maybe cut down the cooking time. Don't worry too much if you're missing some of the spice(s), the chances are that it won't matter much.

Onions you can get year round, cheaply. If leeks are expensive, then use some other cheaper seasonal veg instead.

With regards cost: the lot including rice works out at about a fiver and will feed four.

If you want to "stretch" the meal, then soak some dried beans over-night (black-eyed, pinto, kidney ... whatever), drain and add to your cooker at the beginning of cooking.

Add or subtract chilli powder to adjust heat. The quantity given above produces a dish that is medium-hot; it also depends on how hot your chilli powder is, of course. Paprika can also vary in hotness.

Cooking time is approximate. The smaller and leaner your cuts of meat, then the less your cooking time.

Dependent on what veg you use and how you prefer it, you may want to stick it in later in the cooking process. If I use cauliflower, for instance, I will typically bung it in about an hour before finish.

I find that the curry, once cooked, is best left to sit overnight and eaten the following day. This gives the various ingredients and spices time to fully combine for an even better flavour.

Buy your spices and herbs online. They work out much cheaper than the supermarket. Depending on where you live, you may have access to a local market or (Indian sub-continent type) shop where you can get them even cheaper.

I use: <https://spicesontheweb.co.uk/> for my spice and herb requirements. I usually buy 100g (4oz) bags of spice which will last me many months. For this recipe, the spice used probably costs me less than 50p a go.

**\* Acknowledgements:**

This recipe was based, to an extent, on more than one found at:

<http://allrecipes.co.uk/>

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The latest version of this document can be found at:

<https://woodcruft.co.uk/>

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