**Ians Cookbook**

1. **Vegetable Curry**

Ingredients

Make sure you check the size of the chillies. In recipe it says 2 chillies but that’s of the large kind. If small chillies add less

* Onions - 2
* Garlic – 2-3
* Chilli – 2 or to taste
* Potato - 4
* Coriander with roots (Cut close to the base, don’t actually add roots) - bunch
* Korma Paste (or use the required herbs/spices)
* Carrot – 3-4
* Tinned Tomatoes – 400g
* Water to half cover the top of the vegies
* Peas – 1 and a ½ cups
* Coconut Cream – whole tin

Method

1. Onions, garlic, chilli with Ghee and Sauté till soft
2. Add potato and carrot to the mixture and cook for ~3 minutes
3. Add Spice paste and coriander and cook for ~15-20 minutes
4. Then add coconut cream and cook for another ~15-20 minutes
5. Then add beans and cook for ~5min
6. Then add peas and cook ~2-3 minutes and serve
7. **Dahl Curry**

Ingredients

* 2-3 types of lentils (moong, Chana (both yellow) and standard lentil (orange) – 2 cup
* Water – 4-5 cups and have kettle on hand if it gets to dry
* Chillies – 2, or to taste
* Cardamom (black) – ½ a dozen

1 Tbs = The spoon Ian uses looks a lot like the breakfast spoon that dad likes using.

* Ghee – 1tbs
* Turmeric – 1tbs
* Cumin – 1tbs
* Salt – to taste
* Curry leaves – Dozen
* Onions – 1
* Garlic – 2-3 cloves

Method

1. Wash lentils a dozen times (important)
2. Put lentils into a pot and boil them for ~20 min
3. Add Ghee, Cardamom, chilli, onions, turmeric, cumin and garlic into a separate pan and cook till dark brown (VERY small amounts of char)
4. Add to lentil pot (when the lentils do not taste gritty)
5. Serve when cooked (~10-15 minutes). Salt to taste when served
6. **Basic Roast Potato’s**

Ingredients

* Caliban Potato or
* Needs to be floury

Method

* Parboil spuds for 7-8 minutes
* Cover with olive oil/duck-fat and toss with salt
* Cook at 200C till crisp (if not crispy, turn oven off and grill for 1-2 minutes)

1. **Beef Curry**

Ingredients

* Onion – 1
* Beef (cut into cubes) – 1kg
* Korma Paste or proper herbs and spices, if you want hotter go use madras paste – 2 tbs (look above text box)
* Capsicum – 1
* Cardamom (Green) – ½ dozen
* Coriander cut close to the roots - bunch
* Tomato’s – 400g
* (optional) Tamarin paste – 1 spoon
* Garlic - 2 cloves
* Ginger – Slice of ginger around ~2 cm

Method

1. Sauté onion,
2. **Daube – Beef Stew**

Ingredients

* Red onion – 1
* Garlic
* Bay Leaves – 3
* Carrots
* Capsicums
* 1kg Beef
* Mushrooms

Method

1. Cook the Onions, garlic, bay leaves carrots and capsicums for about 10 – 15 minutes in olive oil
2. Add 1kg of beef chopped to the pot and cook till the meat is seared
3. Add a teaspoon of paprika and two tins of chopped tomatoes and a big dash of red wine, cook for a couple of hours on a low heat braising the meat. (Leave lid off if you want to reduce Sause)
4. Add mushrooms 10 minutes before you serve
5. Serve with plenty of crusty bread and garnish with parsley
6. **Bouillabaisse – Fish Curry**

**Ingredients – Soup**

* Leeks – 2
* Fennel – 1
* Garlic – 1
* Saffron Threads – A few
* Pastis (Ana seeds flavoured liqueur)

**Ingredients – Fish**

* Fish can be a mix of firm white flesh fish cut into pellets, prawns, mussels etc. Originally this was a fisherman’s soup of the time fish they would sell at the market.

**Method – Fish Stock**

* Cook 2 fish heads in 3 litres of water.

**Method – Fish Soup**

1. Add leaks, fennel, garlic and saffron threads to a pot with a good dash of pastis and cook for about 10 minutes
2. Add two tins of tomatoes with the zest of one orange, fish stock and a good dash of white wine. Cook on low heat for about an hour and salt to taste
3. Add fish 5-10 minutes before you serve
4. Serve with crusty bread and garnish with parsley