



Bombay – Parsee Curry

Heat 2/3 cup of oil in a saucepan and fry until golden brown, 500g finely chopped red onions, 2 sprigs of fresh curry leaves, 2 tbsp ginger paste, 2 tbsp garlic paste and 2 tbsp finely chopped capsicum/green chilli. Fry until fragrant, add and fry until soft 400g chopped ripe tomatoes.

Add 2 tbsp desiccated coconut and 1 tbsp peanuts (ground finely). Add 2 1/2 tbsp (33g) Bombay-Parsee Curry Blend and fry gently on low heat for 1-2 mins. Increase the heat and add and fry well 1kg of meat/chicken and or vegetables for approximately 2-3mins. Add 2 cups coconut cream and bring to the boil quickly. Season with salt and reduce the heat and cover cooking until the meat is tender and the curry is reduced.

Variations for Prawns and Fish - After frying the spice add the coconut cream and bring to the boil and reduce the gravy until thick. Add the fish/prawns to the gravy and cook until the fish and prawns are just done. Remove from the stove. Serve with rice and cachumber (salad).