

Chick Pea Curry

Preface

This recipe makes a simple curry sauce which you can use with anything you choose. Being vegetarian, I have chosen chick-peas to create a vegan curry. You could use Quorn™, vegetables or even dead animals.

Ingredients

Serves 2

3 tablespoons of vegetable oil
1 medium onion, finely chopped
2 cloves of garlic, finely chopped
6-10 dried Bird's Eye chillies whole or 1-3 fresh chillies, deseeded and finely chopped
2 whole cardamom pods
1 teaspoon of ground cumin
1 teaspoon of ground coriander
½ teaspoon ginger powder
½ teaspoon turmeric
½ teaspoon of concentrated tomato purée
Salt
300ml boiling water
1 can chick peas

Method

1. Heat the oil to a fairly high heat, and add the onion. Stir fry for a few minutes.
2. Add the chillies and cardamoms and fry for a few more minutes.
3. Add the garlic and reduce the heat. Cook for a further 10 minutes.
4. Add the cumin, ground coriander, ginger and turmeric and continue to cook over a low heat for 2 minutes, stirring occasionally.
5. Add 300ml of boiling water, tomato purée and salt. Add this stage you can add your chickpeas, Quorn™ or vegetables etc.
6. Leave to simmer for 30 minutes. You should have hardly any liquid left, just a thick sauce.