

## **Basic curry sauce recipe**

This base mixture can be used in many curry recipes. You can portion up and freeze the sauce or it will keep in the fridge for about 4 days. I have added a few recipes to the website that you need this base sauce for. If you are looking to save time, a pressure cooker will cook this sauce in 20 mins or less or you could place all the ingredients into a slow cooker and it can be done for you getting home from work!

900g onions

50g ginger

50g garlic

1litre water

1 tin of tomatoes

5 tablespoons oil

1 teaspoon turmeric

1 teaspoon paprika

Roughly chop the ginger and garlic and then put into a blender with 275ml water and blend until smooth.

Slice the onions and put into a saucepan with the garlic and ginger paste and the rest of the water. Bring to the boil then turn down the heat and simmer for 40 mins –leave to cool.

Once cooled, pour the mixture you have just made into a blender and pulse until it is completely smooth. Pour the completely smooth mixture into a bowl and set aside.

Rinse your blender and pour in the tomatoes and blend for at least 2minutes.

In a saucepan, put some oil, turmeric and paprika. Add the tomatoes and bring to the boil, turn down the heat and simmer for 10 mins. Now add the onion mixture and simmer for around 25mins. Skim off any froth from the top of the pan while it is cooking.

Allow this to cool completely before freezing into 500ml portions.