

Basic Curry Sauce

3 tablespoon vegetable oil
4 onions, chopped
1 piece of ginger, peeled and grated
6 garlic cloves, crushed
1 tin chopped tomatoes
1 tablespoon paprika
1/2 teaspoon turmeric
1/2 teaspoon cumin (ground)
1/2 teaspoon ground coriander
1 teaspoon chilli powder
1 fresh chopped coriander (a handful)
1/2 teaspoon salt
1/2 teaspoon Black Pepper

Heat the oil in a large saucepan over moderate heat. Fry the onions, ginger and garlic until the onions are translucent.

Add the tomato and stir-fry, breaking it up with the spoon.

Pour in 300 ml / 1/2 UK pint water, and stir in the other ingredients. Bring to the boil.

Lower heat, cover and simmer for 30 minutes.

Remove from heat and allow to cool.

Pour into a blender or food processor and liquidize.